

# Effect of Patient Navigator on Colonoscopy Completion in FIT+ Patients Refractory to Initial Scheduling Attempts

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## INTRODUCTION

- Decreased time from fecal immunochemical test (FIT) to colonoscopy is associated with decreased morbidity and mortality from colorectal cancer
- Colonoscopy is often delayed or forgone for a variety of reasons
- The purpose of this study was to evaluate the impact of a patient navigator on colonoscopy completion among Veterans without a timely colonoscopy after FIT+

## METHODS

**Type of study:** Prospective Cohort Study, VA Puget Sound

**Timeline:** 1/1/2020 to 6/31/2021

**Patients/Inclusion Criteria:** FIT+ without colonoscopy

**Size:** 170 patients

**Randomized Groups:** Navigator, Mailed Letter, Control

**Metrics:** Colonoscopy completion rates, GI referral rates, Length of time from FIT+ to colonoscopy

**Analysis:** Binary logistic regression and Kaplan Meier

**Limitations:** Small sample size, navigator was a non-clinical staff member, mailed letter difficult if patients experiencing housing instability

## RESULTS

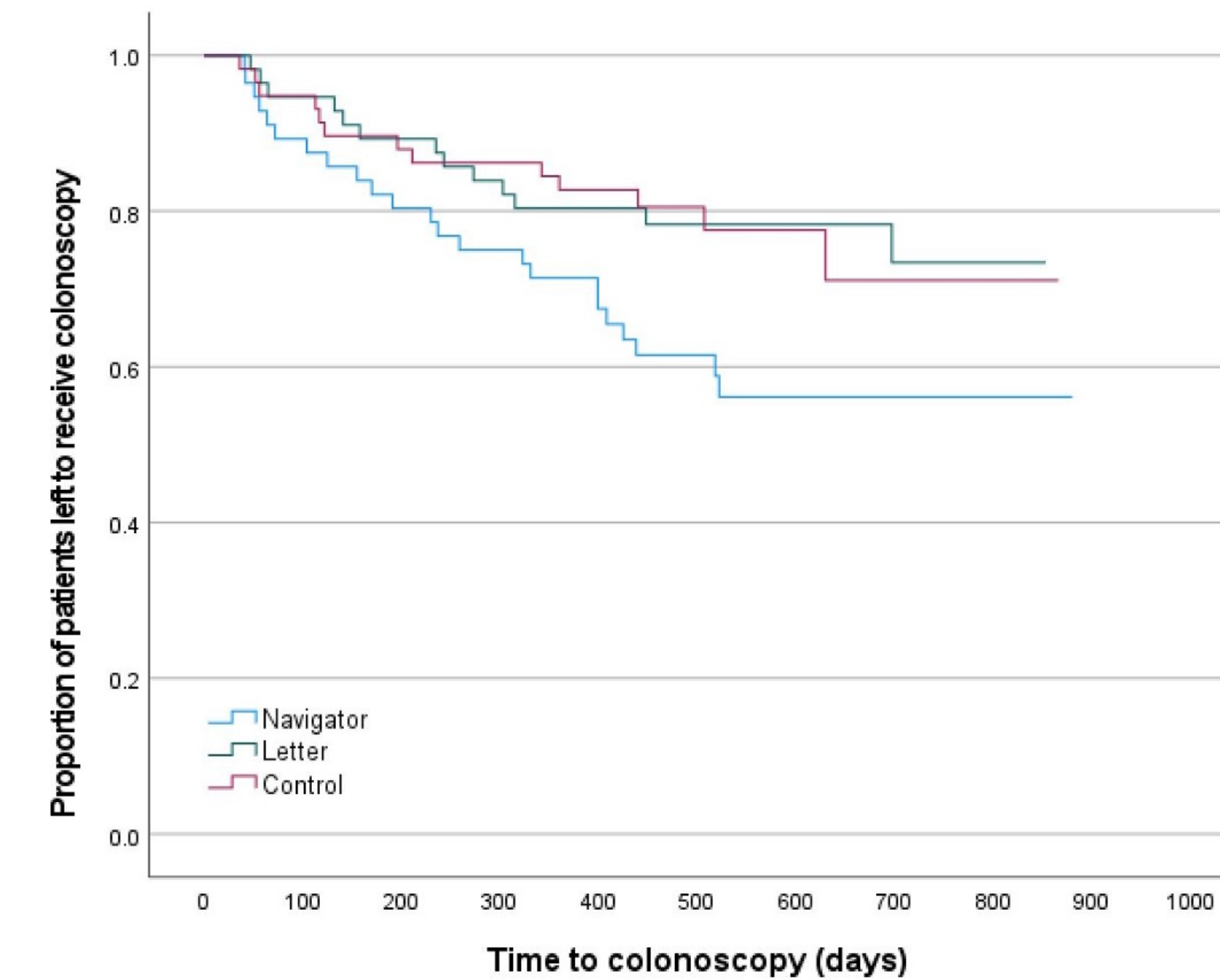
Table 1: Demographics and Results

	Overall (n = 170)	Navigator (n = 56)	Letter (n = 56)	Control (n = 58)
Mean Age (years)	67.3	65.8	68.6	67.5
Sex (% men)	90.1	89.3	91.1	91.4
Race (% white)	80.1	76.8	85.7	79.3
Hispanic Status (% Hispanic)	0.01	0.0	0.02	0.0
Mean CAN Score	60.0	62.2	57.7	60.0
Referral to GI placed (%)	82.9	87.5	85.7	75.9
<b>Colonoscopy Completed (%)</b>	<b>28.8</b>	<b>41.1</b>	<b>23.2</b>	<b>22.4</b>
Colonoscopy Completed or Appropriate Reason for no Colonoscopy (%)	47.1	66.1	33.9	39.7
<b>Median Days from FIT + to Colonoscopy</b>	<b>211</b>	<b>230</b>	<b>235</b>	<b>196</b>

- Patient demographics were similar between cohorts
- Colonoscopy completion was significantly increased in the Navigator group ( $p < 0.05$ ), while the Letter alone had no impact
- Navigation was also associated with improved documentation of reasons for no colonoscopy completion

## RESULTS

Figure 1: Kaplan Meier Analysis of Time to Colonoscopy



Kaplan Meier analysis revealed significant differences in time to colonoscopy between the groups

## CONCLUSIONS

- ❖ Patient Navigator, which can be a non-clinical trained staff member, can significantly improve colonoscopy completion following FIT+
- ❖ This can be especially helpful for patients who are refractory to initially scheduling efforts
- ❖ Further study needed to evaluate other factors related to timely evaluation of patients with FIT+ screening

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