

# Regional Oncology UPDATE



Waterloo Wellington  
Regional Cancer Program  
in partnership with Cancer Care Ontario

February/March 2020

## FIT LIFE AFTER LAUNCH

### 5 Quick Fecal Immunochemical Test (FIT) Tips from Cancer Care Ontario (CCO)

Since the June launch of FIT, over **500,000** FIT kits have been distributed to patients in Ontario. Here are 5 quick FIT tips to address some early learnings and ensure successful screening:

1. **Ensure your patient is eligible for FIT screening** (average risk screening tool – **not** for high risk or symptomatic patients).

Tell your patients to:

2. **Return their FIT kit as soon as possible.**
3. **Close the FIT tube securely!**
4. **Put the right amount of stool on the FIT stick.**
5. **Write the sample date on the FIT tube.**

- For more information on screening with the FIT, visit the primary care provider guidelines and advice webpage at [cancercareontario.ca/CCCrecommendations](http://cancercareontario.ca/CCCrecommendations).
- Frequently asked questions and information on the FIT instructions can be found at [cancercareontario.ca/FITinstructions](http://cancercareontario.ca/FITinstructions).

If you have any FIT related questions, please contact Cancer Care Ontario at 1.866.662.9233 from Monday to Friday 8:30 a.m. to 5:00 p.m. or email [screenforlife@cancercare.on.ca](mailto:screenforlife@cancercare.on.ca)



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### Flag patients due for colorectal cancer screening. PrevCare Button NOW supports FIT

Version 3.0 of the PrevCare Button for PS Suite developed by the East Wellington FHT and supported by the eHealth Centre of Excellence is now available. Preventative tests can be customized to you and your patient's needs. As well, there is a new electronic requisition for FIT on the PS Suite. Download the custom forms [here](#) or contact [jeremy.howcroft@ehealthce.ca](mailto:jeremy.howcroft@ehealthce.ca) for more information.

### Your patient did not receive a FIT kit

Your patient should not wait more than two weeks from the date of requisition submission. Follow these steps if their wait is longer than 2 weeks:

- 1) Confirm that you have your patient's correct information on file including:
  - Health insurance number
  - Participant mailing address
  - Alternative FIT kit mailing address, if provided
- 2) Call LifeLabs for assistance at **1-833-676-1426**.

## Abnormal FIT Result

Refer abnormal FIT results to the **Waterloo Wellington Coordinated Colonoscopy Access Program (WWCCAP)**. Information can be found at <http://www.cancercare4primarycare.com/colorectal>

The **WWCCAP** is your access point for timely abnormal FIT colonoscopies.

Your patient's colonoscopy should be completed within 8 weeks of an abnormal FIT result. Timely follow up is critical to ensure prompt diagnosis of a potential cancer and to minimize your patient's anxiety.

What you can do to ensure timely access to an abnormal FIT colonoscopy:

1. Inform your patient that they have had an abnormal FIT result and that you are sending a referral for a colonoscopy.
2. Send a brief history and list of your patient's medications with the referral form. The WWCCAP is required to send this information to the endoscopist's office.

### You can use eReferral

Get timely access to colonoscopy by sending an eReferral to the WWCCAP. To find the WWCCAP in Ocean, [click here](#).

Interested in using eReferral? Contact [eReferral@ehealthce.ca](mailto:eReferral@ehealthce.ca) for more information.

## WATERLOO WELLINGTON COORDINATED COLONOSCOPY ACCESS PROGRAM

### Incomplete Referrals

Incomplete referrals will be returned, adding time to the scheduling of a colonoscopy. A referral is incomplete if:

1. Consent to leave a message is not completed
2. Incorrect form is submitted, i.e., Regional Colonoscopy Network (RCN) referral form
3. A letter is sent instead of the referral form (please **do not** fax a letter)
4. Medication list or patient profile is missing
5. FIT lab report is missing
6. Missing referring physician name, contact info, billing numbers, signatures
7. Preferred language spoken is missing

### Direct to procedure versus pre-colonoscopy consult required

- **Direct to colonoscopy:** A patient with no health issues will not have a consultation with the endoscopist.
- **Pre-colonoscopy endoscopist consultation:** Patients on flagged medications (i.e., due to medications (blood thinners) or medical condition (stroke or COPD)), the WWCCAP program secretary will arrange a consultation appointment with an endoscopist prior to the colonoscopy.

If you have any questions about abnormal FIT colonoscopy referrals, please email us at [wwregionalcancerprogram@grhosp.on.ca](mailto:wwregionalcancerprogram@grhosp.on.ca).

### Patient Calls

After you review the abnormal FIT result with your patient, please advise them that they will receive a call from the WWCCAP after you send your referral. Indicate consent to leave a voicemail on the referral form to facilitate this process.

Please note, due to the volume of referrals only one call will be made. It is your patient's responsibility to return this phone call as soon as possible to ensure timely access.

## The SAR flags your FIT patients needing follow up

Did you know that your positive FIT patient has a 33% risk of receiving an abnormal finding? To ensure your patients are not lost to follow up, the Screening Activity Report (SAR) will identify abnormal FIT results that require follow up.

Not signed up for SAR yet? Please contact Gaurav Arora at [Gaurav.Arora@grhosp.on.ca](mailto:Gaurav.Arora@grhosp.on.ca) to get you set up!

## Did you miss our FIT education? It is still available!

Visit <http://www.cancercare4primarycare.com/slidedecks> to check out presentation slide decks that the Waterloo Wellington Regional Cancer Program team offered to primary care office staff and endoscopy office staff at FIT launch. See the Question and Answer section from these sessions on our site.

If your office is interested in a **Time to Get FIT** Mainpro CME credit session, contact us at: [wwregionalcancerprogram@grhosp.on.ca](mailto:wwregionalcancerprogram@grhosp.on.ca).

If you have FIT related questions, email us at [wwregionalcancerprogram@grhosp.on.ca](mailto:wwregionalcancerprogram@grhosp.on.ca), or contact Cancer Care Ontario at:

- 1.866.662.9233 from Monday to Friday 8:30 a.m. to 5:00 p.m.
- [screenforlife@cancercare.on.ca](mailto:screenforlife@cancercare.on.ca)
- <https://www.cancercareontario.ca/en/get-checked-cancer>

## Reminder: FOBT tests are not accepted after December 24, 2019

The cutoff date for submitting FOBT tests was December 24, 2019. Only a FIT kit will be accepted at the lab moving forward.

## OTHER REGIONAL UPDATES

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### Cancer Care for Primary Care Update sessions 2019-2020

Back by popular demand! Given the overwhelming positive response to the 2017 Screening Summit we organized, the Waterloo Wellington Regional Cancer Program offered another **evening education session in Kitchener at McMaster University – Michael G. DeGroot, School of Medicine on Tuesday, January 14, 2020**. The event was well attended, and topics such as cancer screening, immunotherapy and palliative care were covered.

The slide deck to the session, along with a video recording with embedded slides can be found here: <http://www.cancercare4primarycare.com/slidedecks>

A handy **resource list of regional oncology resources** (services/specialists) for primary care providers was shared. It's titled *Who Ya Gonna Call* and is available [here](#).

Please join us for a final live **Cancer Care for Primary Care Update** session on the evening of **Thursday, March 12** at **Guelph Public Library's East Side Branch**. For more information and to register, click [here](#). Limited seating available!



## OBSP Breast Assessment Centre in Guelph

Guelph General Hospital launched the newest OBSP Breast Assessment Centre in Waterloo Wellington region in September 2019.

- Guelph General Hospital offers a comprehensive Ontario Breast Screening Program breast assessment clinic.
- Guelph General Hospital has recently installed a brand new mammography unit which offers digital tomography.
- Women with abnormal screening or a breast concern can be referred using a **requisition** [found here](#).

## Rapid Response Program for Palliative Radiation Therapy

**Grand River Regional Cancer Centre** offers **rapid assessment and treatment of symptomatic metastatic disease** including: bone metastases, brain metastases (including oligometastases), bleeding, spinal cord compression, airway obstruction and superior vena cava obstruction?

- Access the referral form at [www.cancercare4primarycare.com](http://www.cancercare4primarycare.com).
- For urgent cases call the on call Radiation Oncologist: **519-651-5606**.
- To evaluate appropriateness for radiation, call Dr. Joda Kuk at: mobile **289-439-2296**.
- Looking for education about palliative radiotherapy? Contact Sara Kaune, Manager Radiation Treatment Program at **519-749-4300 ext. 5419**.

## Symptom Management Resources

Cancer Care Ontario has created a variety of symptom management resources for you and your patients:

### Symptom Management Algorithms:

[Pain in Adults with Cancer](#)

[Nausea and Vomiting in Adults with Cancer](#)

[Depression in Adults with Cancer](#)

[Oncology Caregiver Support Framework](#)

*“How to Manage Your”* booklets for patients on managing symptoms, side effects and well-being are also available. Topics such as Loss of Appetite, Constipation, Diarrhea, Depression, Shortness of Breath, Fatigue, etc. can be found [here](#).

### Guidelines:

[The Management of Depression in Patients with Cancer](#)

[Exercise for People with Cancer](#)

[Interventions to Address Sexual Problems in People with Cancer](#)

## Provincial Primary Care and Cancer Network (PPCCN) Newsletter Invite

CCO will be offering their PPCCN newsletter to interested primary care providers. This monthly newsletter provides regular cancer screening updates. Email [primarycareinquiries@cancercare.on.ca](mailto:primarycareinquiries@cancercare.on.ca) and simply type “subscribe” in the subject line to join the mailing list.