

# Colorectal Screening

## Clinical Guideline



### Overview of the Condition/Disease

**Definition:** Screening tests that check the colon and rectum for signs of cancer or growths, called polyps, that could become cancerous. It is done in people that have no symptoms and have no suspicion of cancer. The goal is to identify and remove polyps before they become cancerous or cause problems.

**Pathophysiology:** Colorectal cancer starts in the colon or rectum when cells start to grow out of control. Most colorectal cancers start as a growth on the inner lining of the colon or rectum, called a polyp.

#### Types of Colorectal screenings:

- ◆ Colonoscopy: valid for 10 years (looks at the entire colon-can remove polyps)
- ◆ Flexible Sigmoidoscopy: valid for 5 years (looks at the lower 1/3 of the colon)
- ◆ CT Colonography: valid for 5 years ("virtual colonoscopy", uses images to look at the entire colon)
- ◆ FIT-DNA testing (Cologuard): valid for 3 years (looks at a whole stool sample and analyzes for altered DNA -cancer cells-can be done at home)
- ◆ Guaiac Fecal Occult Blood Test (gFOBT): Requires up to 3 separate samples. valid for 1 year (used to detect blood in the stool, only uses a small sample of stool-can be done at home)
- ◆ Immunochemical Fecal Occult Blood Test (iFOBT)(also known as the FIT test-not to be confused with FIT-DNA): Requires ONLY 1 sample. Test valid for 1 year (used to detect blood in the stool, only uses a small sample of stool-can be done at home)



### Best Practice Standards for Prevention and Management

#### Interventions:

- ◆ People age 50-75 should be screened
- ◆ Some people with an increased risk of getting colon cancer should be screened sooner

**Education:** Age is a major factor in colorectal cancer, the incidence begins to increase significantly between the ages of 40 and 50

**Lifestyle changes:** Physical activity, a healthy, well-balanced diet, a diet high in fiber

#### Additional conditions that negatively impact the condition/disease:

- ◆ Positive family history
- ◆ Predisposing inherited syndrome
- ◆ Tobacco use
- ◆ Alcohol use
- ◆ Obesity
- ◆ Red and processed meats

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### Guidelines and Process for Interdisciplinary Team

- ◆ Members age 50-75 should have a colorectal screening regularly (timing depends on the test)
- ◆ Exclusions:
  - ◆ Member in hospice
  - ◆ Total Colectomy
- ◆ Schedule appointments early (waiting lists can be months out)
- ◆ Prevention and Wellness Policy



### Quality Assurance Monitoring

Quality Management identifies the eligible population and provides care teams with a list to monitor and encourage screenings throughout the year.



### References

Patient Education: Colon and rectal cancer screening (The Basics)

Macrae, MD, F.A. (2018). Colorectal Cancer: Epidemiology, risk factors, and protective factors. UpToDate. Retrieved May 24, 2018 from

American Cancer Society. (2018). What is Colorectal Cancer?. Retrieved from <https://www.cancer.org/cancer/colon-rectal-cancer/about/what-is-colorectal-cancer.html>