

National Bowel Screening Programme (NBSP)

Now in South Canterbury!

**Started
late October 2020**



National
Bowel
Screening
Programme



- The **National Bowel Screening Programme (NBSP)** went live in our region on 20 October 2020 as the 12th DHB to roll out this Ministry of Health funded initiative.
- **Over the first two years about 12,000 people aged 60-74 years will be invited to participate** (*birthdate strategy applies). A small test kit arrives at your home, easy to do independently and privately
- The local NBSP team is based at Timaru Hospital but invites and kits are sent through Wellington & tests returned and processed at Labplus, Auckland

National update – 8 March 2021

- The Bowel Screening Programme (NBSP) is currently available in 15 DHBs and the remaining five are expected to join by the end of this year (December 2021). This will complete the national implementation of the programme.
- The age parameters for the NBSP (60 to 74) were set after the bowel screening pilot, run by Waitemata DHB revealed that around 80 percent of bowel cancers occur in people over 60.

The starting age may be reviewed as any new data comes to light but for the moment the Ministry's priority, backed by international advice, is to complete the roll out of a safe, effective NBSP within available resources.

- Since it began in July 2017, the NBSP has detected cancers in more than 830 people and removed thousands of bowel polyps that could have become cancerous in time.

Colorectal Cancer



- Bowel cancer is one of NZ's most common cancers. There are approximately 40 new cases registered per 100,000 population each year. South Canterbury has a higher rate than the national average.
- NZ has a high proportion of people (national average is about 26%) who are diagnosed with colorectal or colon cancer after presentation with symptoms at an emergency department which can often have poorer outcomes.
- Around 1200 people each year in NZ die from bowel cancer as so many diagnoses are at an advanced stage

Increased risk due to family history

Some people may have an increased risk of developing bowel cancer due to their family history of bowel cancer

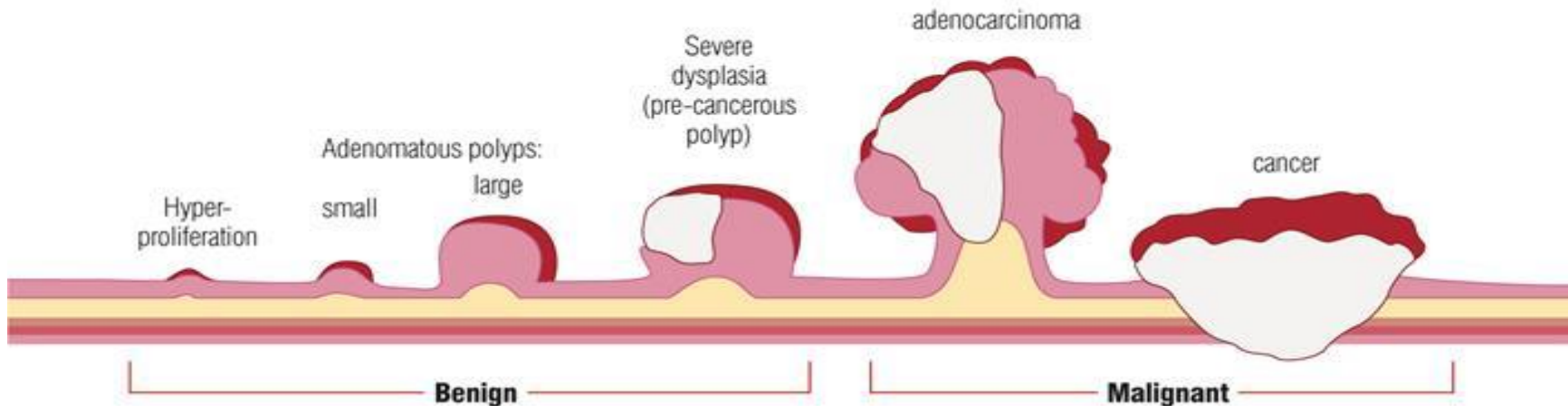
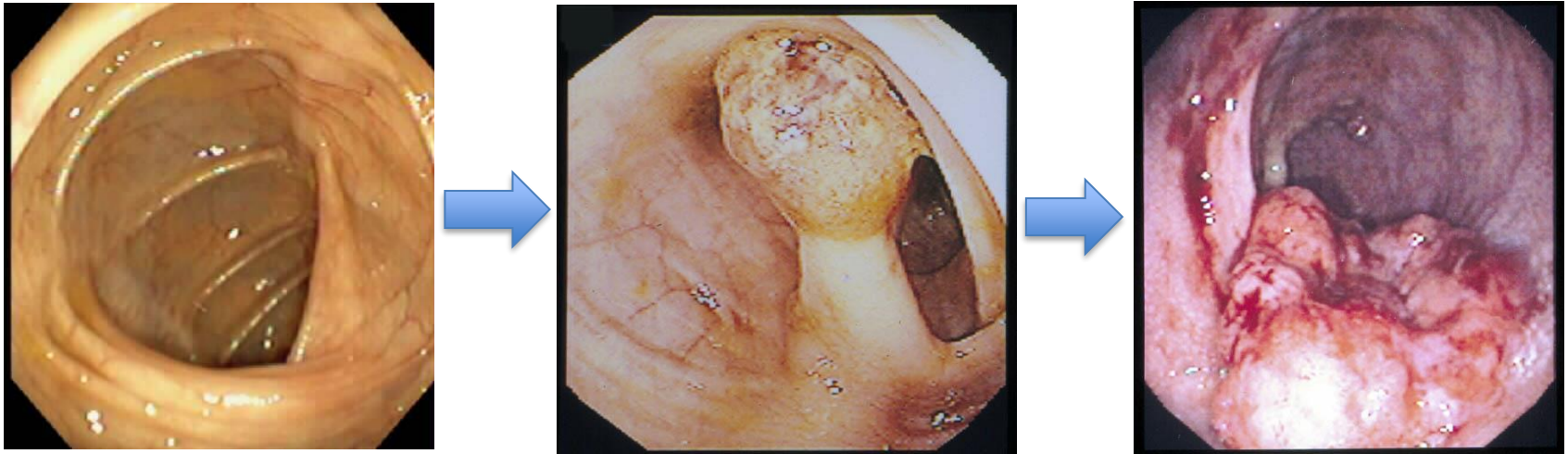
The risk factors include:

- You have two or more close family members on the same side of the family who have had bowel cancer
- You have a close family member who has been diagnosed with bowel cancer at a young age (under 55 years)
- You have a number of family members over two or three generations who have had bowel cancer
- You and your family have a known or suspected genetic bowel cancer syndrome

Adenoma to Carcinoma Pathway

95% of cancers develop from polyps

The polyp to cancer sequence can take 5-10 years



Key messages we focus on :)

- Raising **awareness of bowel cancer risk factors** eg. lifestyle, symptoms and family history risk
- Educating on what **polyps are in the bowel & how if removed early can stop cancer occurring**, explain there can be no symptoms presenting.
- Introducing the **concept of screening & what is involved with doing a FIT (faecal immunochemical test)** at home.
- Developing understanding about having a **positive FIT test** and what a **colonoscopy** procedure does.

Events & the amazing inflatable bowel!



Posters in GP practices and media awareness



Bowel Screening has commenced in South Canterbury for people aged 60-74 years *
Please ensure your contact details are up to date with your GP practice

The test is simple and clean, and you do it at home.

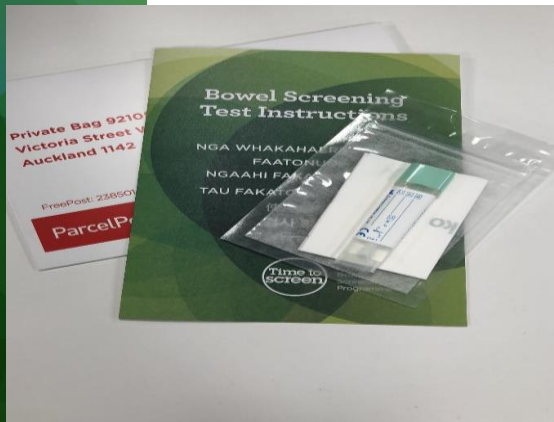
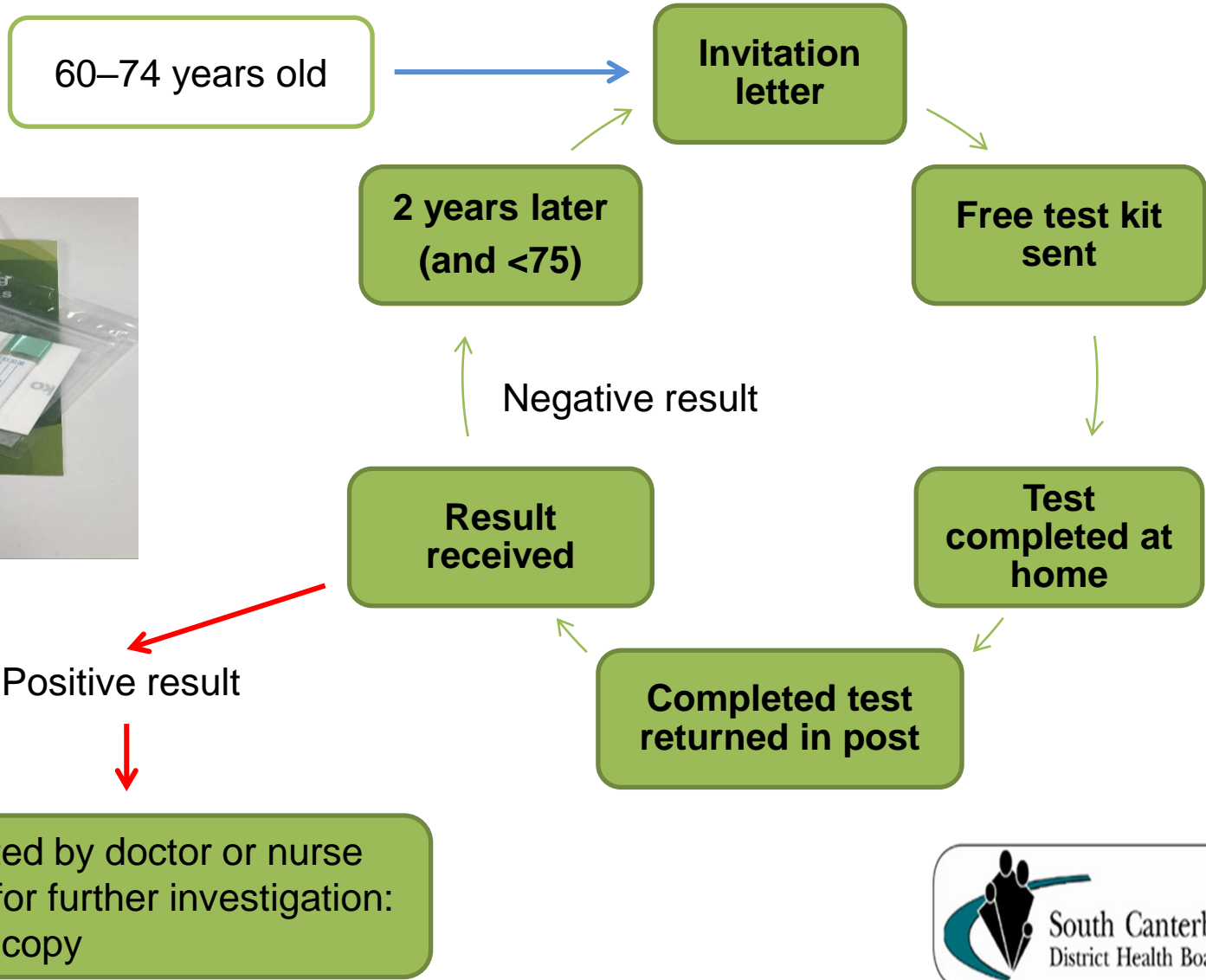
The National Bowel Screening Programme is providing **free** screening to people aged 60 to 74* years who are eligible for publicly funded health care.



MORE GO TO www.timetoscreen.nz

Free phone **0800 924 432**
or talk to your doctor

Participant pathway



- Contacted by doctor or nurse
- Invited for further investigation: colonoscopy

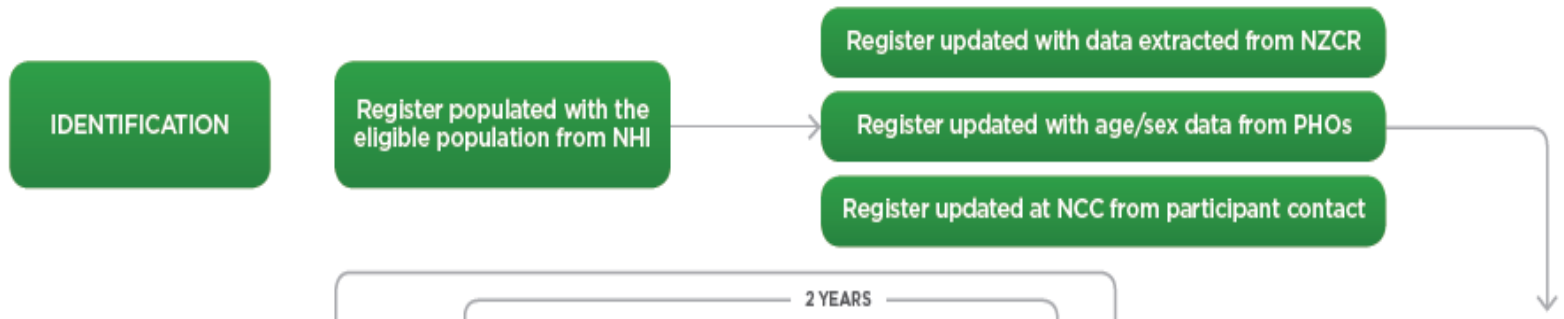


Who should not do the bowel screening test?

- Bowel screening is not right for everyone. People should not be part of the bowel screening programme if they :

- have had a colonoscopy within the last five years
- are on a bowel polyp or bowel cancer surveillance programme
- have had, or are currently being treated for, bowel cancer
- have had your large bowel removed
- if you have ulcerative colitis or Crohn's disease that is currently active
- are seeing your doctor about bowel problems

Identification



- Eligible Participants - 60-74 yrs residing within South Canterbury
- NHI system/NES (GP patient enrolment) data matching
- Checked against cancer register to exclude those with bowel cancer

'When can I expect my invitation' birthdate strategy :

When will I get my bowel screening test?



Time to screen National Bowel Screening Programme

The National Bowel Screening Programme is free for men and women aged 60 to 74. The programme saves lives through finding bowel cancer early, when it is easier to treat.

People living in the South Canterbury district who are eligible for publicly funded healthcare will be automatically enrolled in the programme. Invitations to take part will be sent through the mail. During the first two years of the programme, when you receive your invitation will depend on your age and birthdate.

Your age	When will you get your invitation?
59	Around your 60 th birthday, regardless of your birthdate.
60 to 73	<p>Around your birthday. If you have an even birthdate (e.g. 2nd, 14th, 26th of the month) you will receive an invitation in year 1 (between 20th October 2020 and 19th October 2021).</p> <p>If you have an odd birthdate (e.g. 3rd, 15th, 27th of the month) you will receive an invitation in year 2 (between 20th October 2021 and 19th October 2022).</p>
74	Shortly before your 75 th birthday (if you have not already been invited to screen).

After people have had their initial screen, those eligible will be invited to screen again every two years until they reach 75 years of age.

For more information go to timetoscreen.nz or freephone 0800 924 432.

Invitation

- Pre-Invitation letters sent out from National Co-ordination Centre (NCC) Wellington – they request people to contact them if they meet opt off factors
- 2 weeks later FIT Kit sent (has this info booklet and consent form & test)
- 4 weeks after FIT kit sent if no response then reminder letter sent by NCC (along with active follow up phone calls for Maori and Pacifica people)



FIT Kit



- The faecal immunochemical test (FIT) detects tiny traces of blood in a rice grain sample of bowel motion.
- Once used the test must reach the Lab within 7 days, so wise to do it early in week !
- Labplus, Auckland process all results and send both positive and negative results to your GP via electronic HL7 messaging.
- Negative result letters are sent out to you direct from the National Co-ordination Centre (NCC)
- Spoilt kits – NCC automatically send you a replacement kit. Spoilt kit rate is currently around 3.7 %.

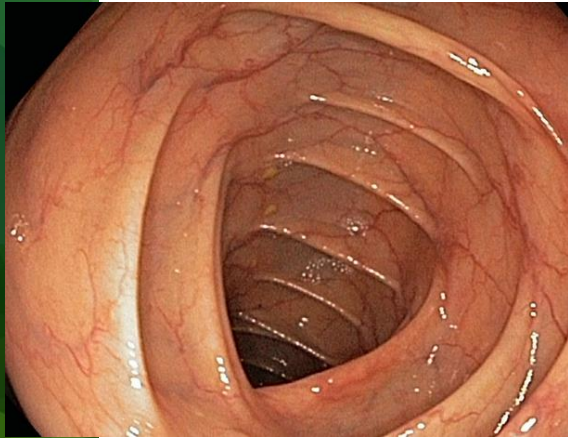
What happens if you have a Positive test result ?

Primary healthcare practices play a vital role in encouraging their patients to do tests and supporting them with follow up re positive result outcomes

- **Primary care** advise you of a positive result and refer you through to our Bowel Screening clinical staff at Endoscopy service, Timaru Hospital within 10 working days
- **Colonoscopy** if appropriate is offered within 45 working days by our NBSP nurse Carla Spence
- **Colonography** if not suitable for colonoscopy

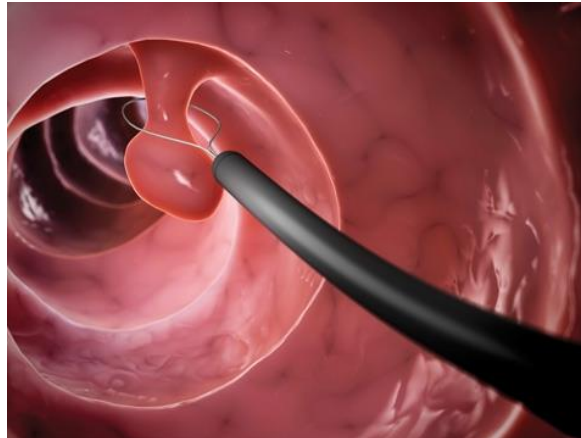
NBSP Colonoscopy - Outcome

NORMAL



Repeat FIT in 5 y

POLYPS



Surveillance

CANCER



Treatment pathway

Snapshot of Volumes in South Canterbury as at 8 March

Invites & Kits sent out	2,390
Test results returned	1,084
<input type="checkbox"/> Abnormal (Positive)	50
<input type="checkbox"/> Normal	1,034



113 Opt Outs have occurred – elective declines & medically unsuitable

Positivity rate outcome is 4.6% of all tests returned

<input type="checkbox"/> Total Colonoscopies completed	25
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In 24 out of 25 colonoscopies, adenomatous polyps have been detected and removed. No cancers have been found to date.

Currently the gender split for 50 positives is 70% male and 30% female with average age 67.7 yrs.

Equity Advisory Group and Outreach

**Te tātari
whēkau**

mō ngā tāngata 60 ki te 74
te pakeke

Supporting initiatives to ensure relationships and activities are undertaken to promote & maximise Māori and Pasifika priority population participation with culturally appropriate initiatives ie;

- Using local champions to share their stories & support of bowel screening
- Targeted health promotion/outreach planning in liaison with Māori and Pasifika health service providers & engagement with iwi, community and church groups

Next steps - Finding Local Champions like Southern DHB's incredible people

'Your health. It's in your hands'

Bowel Screening

Time to screen

Bowel screening is now available in the Southern district.

It's **free** to people aged 60-74 who are eligible for publicly funded healthcare.

Test kits are sent through the mail to your home. They are easy to do.

Make sure your doctor has your correct address so you don't miss out.

To find out more go to www.timetoscreen.nz
Free phone **0800 924 432**
or talk to your doctor

Time to screen
National Bowel Screening Programme

Ka āwhina tēnei aromatawai poto ki te rapu tōmua i te mate pukupuku whēkau

Bowel Screening

Time to screen

He mānā, he mā te whakamātau, ā, ka mahia a koe ki te kōwhiri.

Ē kōwhiri anō e te Kaupapa ā-Mūtu Tāhau Whēkau i ngā whānonga kōwhiri ki te huinga 60 ki te 74 tau a āhei anō i ngā whānonga hauora timatana.

MŌ ETĀHĀ ATU KŌHĪRĪ, HAERE KI www.timetoscreen.nz
Waea kōwhiri ki **0800 924 432**
kōwhiri kōwhiri ki tō rāua

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National Bowel Screening Programme

**Acknowledgement:
HUGE THANKS TO SOUTHERN DHB AND THE
CHAMPIONS FOR ALLOWING US TO SHARE**

NBSP key team at SCDHB

- Dr Anneke Pribis, Primary Care Liaison Lead
- Dr Thomas Caspritz – Clinical Lead & Colonoscopist
- Dr Magda Sakowska, Mr Chris Gray, Mr Rene van den Bosch – Colonoscopists
- Ruth Lockley – Programme Manager
- Carla Spence – NBSP Nurse
- Karen Berry - Communication & Media Co-Ordinator
- Primary Care Liaison & Equity Outreach – Jackie Hawkins
- Helena Russell – NBSP Administrator



Thank you for listening and watching !

**Be great if you can share what you have
learned and encourage people to do their
tests, it could save their life !**

Presentation by Ruth Lockley,
NBSP South Canterbury team

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