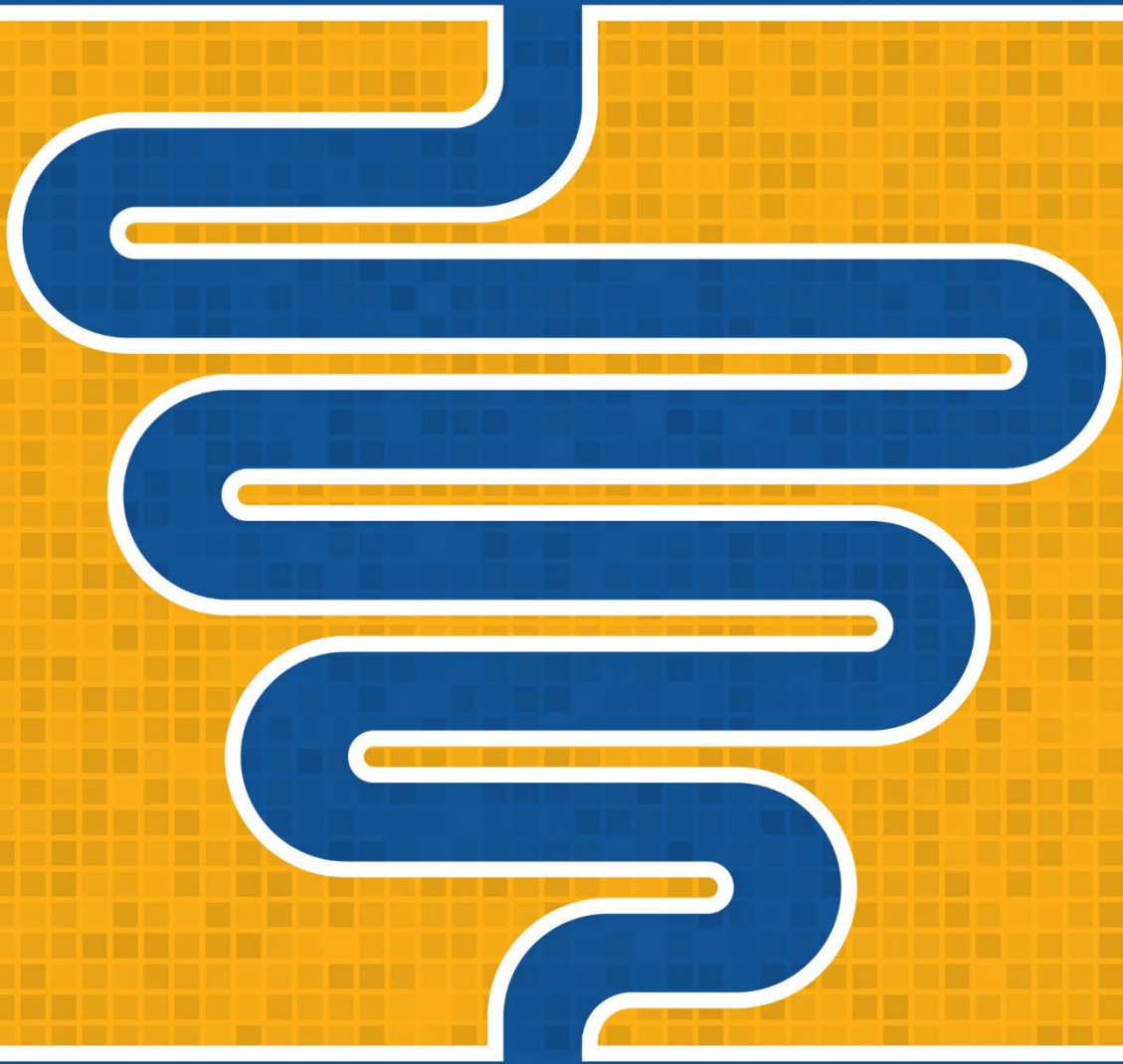


Video 3 Transcript

Selecting a FIT Kit



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.



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VIDEO 3: SELECTING A FIT KIT

Narration

Hello and welcome to this video series on how to implement a mailed FIT outreach program!

My name is Dr Gloria Coronado. I'm an Epidemiologist and Distinguished Investigator at Kaiser Permanente Center for Health Research. I have led or co-led several mailed FIT outreach programs involving community health center clinics, Medicaid health plans, and rural clinics.

The previous video described how to design a custom and efficient mailed FIT program based on your program goals, strategies, team members, and up-to-date patient records.

This video is about how to select a FIT kit based on the performance and cost characteristics of different FIT kits.

Your program will be more effective and sustainable if you select the right FIT kit for your situation.



VIDEO 3: SELECTING A FIT KIT

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Choosing one or more suitable FIT kits for your program is important because your choices can affect your costs, return rates, and average sample quality. Ideally, you want to maximize your return rates and average sample quality while minimizing your FIT kit costs and mailing expenses.

There is limited evidence about which FIT characteristics will result in returned kits with samples that can be processed successfully.

Here are some factors to consider when choosing a FIT kit for your program:

- First, FIT performance is the ability to detect cancer or pre-cancerous growths while avoiding false- positive results.
- Second, single-sample FIT kits are more convenient for patients and have higher return rates. Multiple- sample FIT kits are less convenient for patients and have lower return rates.
- Third, some FIT kits can be processed efficiently and automatically in batches.
- Fourth, the cost for FIT kits will vary depending on the type of FIT kit you choose for your program.
- Fifth, outgoing and incoming mailing costs will vary depending on the design of your program.
- And finally, you can use internal or external labs to process kits.

Several good FIT kits are available. With some investigation, you should be able to find a FIT kit that works well for your program.



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Here are some considerations for using annual FIT kits versus other stool-based tests for colorectal cancer screening.

- First, FIT results are not affected by food or medication because they test for human blood and lower gastrointestinal blood loss.
- Second, FIT kits require only one or two stool samples, and evidence suggests they can be more sensitive and user-friendly than guaiac-based tests such as high-sensitivity fecal occult blood tests.

Different FIT kits have different sensitivity and specificity performance levels. A high-sensitivity test includes almost all patients who **truly have** the disease. In contrast, a high-specificity test specifically excludes patients who **truly do not have** the disease.

A test that has both high sensitivity and high specificity does a good job of identifying only patients with the disease; both the counts of false positive and false negative patients are very low.

Because discussions of sensitivity and specificity are very detailed, you can refer to the information on page 15 of the Mailed FIT Implementation Guide.

You can also review the National Colorectal Cancer Roundtable's *Clinician's Reference on Stool-Based Tests for Colorectal Cancer Screening*. This reference can be found in the resource center at nccrt.org or at the link shown on the slide. It covers factors that make stool tests a good option, how to implement a high-quality stool-based screening program, and three types of available stool tests.



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Colorectal cancer screening tests – including FIT tests – are typically covered at no cost to patients by most insurers.

The United States Preventive Services Task Force colorectal cancer screening recommendation applies to adults aged 45 and older who are at average risk for colorectal cancer.

Average-risk adults are those who do not have a prior diagnosis of colorectal cancer, adenomatous polyps, inflammatory bowel disease, or genetic disorders that increase their lifetime risk of colorectal cancer.

As of May 2022, Medicare covers FIT testing for patients aged 50 and older who are referred by medical practitioners. Referring practitioners include doctors, physician assistants, nurse practitioners, and clinical nurse specialists. Medicare coverage for FIT testing beginning at age 45 and older is being considered to align with the US Preventative Services Task Force recommendations.

Generally, adults aged 65 **and older** are enrolled under Medicare. Adults **younger** than age 65 who are enrolled in Medicare are also typically enrolled in Medicaid.



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Some labs may provide free FIT kits to clinics because they get paid for processing the returned stool samples. You may want to inquire about fee arrangements if you plan to use an external lab.

If your program uses an internal lab, consider the detailed profit and loss calculation that is shown on the screen. The same calculation is also explained on page 16 of the Mailed FIT Implementation Guide.



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Thank you for watching this video about how to choose a FIT kit for your program!

This video talked about:

- FIT performance sensitivity - including positives - and specificity - excluding negatives
- Single-sample and multiple-sample kits
- FIT kit and postage costs
- Processing characteristics - some samples can be processed in batches automatically
- And lab location – the use of an internal or an external lab

The next video is about how to select and reach out to a specific patient population.

Resource Links Shown on the Slides in the Video

National Colorectal Cancer Roundtable Clinician's Reference for Stool-Based Tests

<https://nccrt.org/resource/fobt-clinicians-reference-resource/>

U.S. Preventive Services Task Force Recommendation for Colorectal Cancer Screening

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening>

Mailed FIT Implementation Guide

<https://chronicdisease.org/wp-content/uploads/2022/06/Mailed-FIT-Guide-Revised-2022.pdf>