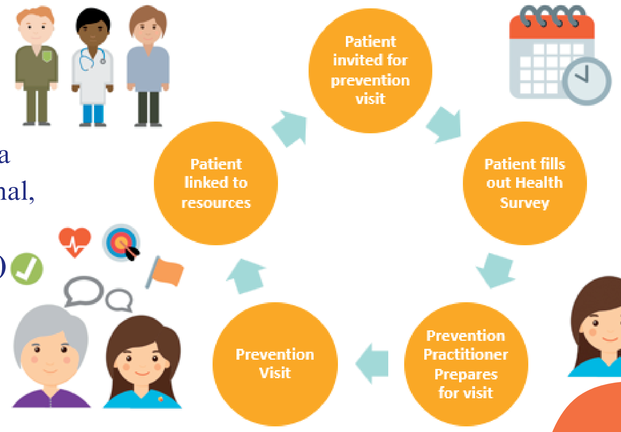
Opportunities to Improve Quality of Care for Cancer Survivors in Primary Care: Findings from the BETTER WISE Study

A. Lofters,[1,2] I. Khalil,[3] N. Sopcak,[5] M. Shea-Budgell,[4] C. Meaney,[1] C. Fernandes,[5] R. Moineddin,[1] D. Campbell-Scherer,[5,6,8] K. Aubrey-Bassler,[7] D.P. Manca,[5,6,8] E. Grunfeld[1,9]

[1]Department of Family and Community Medicine, University of Toronto, Toronto, ON, Canada (CAN); [2]Peter Gilgan Centre for Women's Cancers, Women's College Hospital, Toronto, ON, CAN; [3]Lunenfeld-Tanenbaum Research Institute, Sinai Health, Toronto, ON, CAN; [4]Charbonneau Cancer Institute and Department of Oncology, University of Calgary, Calgary, AB, CAN; [5]Department of Family Medicine, University of Alberta, Edmonton, AB, CAN; [6]Office of Lifelong Learning & Physician Learning Program, University of Alberta, Edmonton, AB, CAN; [7]Discipline of Family Medicine, Memorial University of Newfoundland, St. John's, NL, CAN; [8]Covenant Health, Grey Nuns Community Hospital, Edmonton, AB, CAN; [9]Ontario Institute for Cancer Research, Toronto, ON, CAN

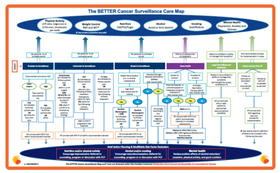
Background

- The BETTER WISE (Building on Existing Tools to Improve Chronic Disease Prevention and Screening in Primary Care for Wellness of Cancer Survivors and Patients) intervention is an evidence-based approach to prevention and screening for cancers and chronic diseases in primary care, which includes comprehensive surveillance for breast, prostate, and colorectal cancer survivors.
- The BETTER intervention has been proven effective in randomized trials and implementation studies.[1-3]
- Prevention visits are provided by a health professional, the **Prevention Practitioner (PP)** trained in BETTER WISE



Methods

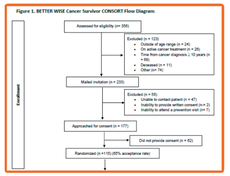
- We reviewed high-quality survivorship guidelines to create a cancer surveillance algorithm.
- We conducted a cluster randomized trial in 3 Canadian provinces (Alberta, Ontario, Newfoundland & Labrador) with 2 composite index outcomes measured 12 months after baseline, and also collected qualitative feedback on the intervention.



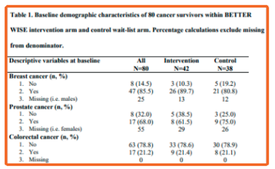
Cancer Surveillance Algorithm

For Study Figures & Tables, Scan Here

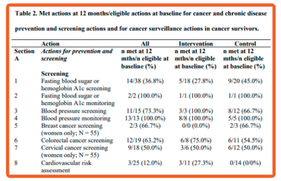
Scan me!



CONSORT Flow Diagram



Demographic Characteristics



Met Screening Actions at Baseline

Results

- There were 80 cancer survivors for whom we had baseline and 12 month outcome data.
- Differences between the composite indices in the 2 study arms were not statistically significant, although post-hoc analysis suggested the COVID-19 pandemic was a key factor in these results.
- Qualitative findings suggested participants and stakeholders generally viewed BETTER WISE positively and emphasized the effects of the pandemic.

Benefit of Prevention Practitioner Role for Cancer Survivors

" [The PP] was very willing to work/speak to my oncologist and problem solve for me. I didn't expect that and really appreciated her help." [Patient, female, AB]

"I love that [the PP] went through all the dates for my next cancer follow up screenings." [Patient, female, ON]

Impact of COVID-19 on Cancer Screening & Surveillance

"You know, I've offered a few of them, like, just to come in for a blood pressure reading and they are hesitant and just … a few people haven't wanted to do their appointment at all and wanted to wait a while. So, it's just been at the back of the queue." [PP, KI031, ON]

Patient Engagement & Attitude Towards Goal Setting

"And a lot of the cancer survivors to our site… a lot of them are… [past] that… five-year mark since they've been diagnosed. So, a lot of them have been discharged from cancer clinics … So, for the most part, they were able to stay on track with cancer screening and bloodwork." [PP, KI036, ON]

Conclusions

BETTER WISE shows promise for providing an evidence-based, patient-centred, comprehensive approach to prevention, screening, and cancer surveillance for cancer survivors in the primary care setting.

Literature Cited

1. Grunfeld E et al. Improving chronic disease prevention and screening in primary care: results of the BETTER pragmatic cluster randomized controlled trial. BMC Fam Pract. 2013;14:175.
2. Lofters AK et al. Building on existing tools to improve chronic disease prevention and screening in public health: a cluster randomized trial. BMC Public Health. 2021;21(1):1496.
3. Aubrey-Bassler K et al. The effectiveness of a proven chronic disease prevention and screening intervention in diverse and remote primary care settings: an implementation study on the BETTER 2 Program. BJGP Open. 2019;3(3).

Acknowledgements

The authors would like to acknowledge the Prevention Practitioners who worked on BETTER WISE and the site leads for the participating clinics.