

Standing Order – FIT Test

Updated: 05/13/21

Allows MAs to order FIT tests to screen for CRC cancer in eligible patients

Initial Date: 05/07/21

Purpose

To increase the access patients have to annual FIT (fecal immunochemical test) to screen for colorectal cancer (CRC).

Policy

Patients ages 45-75 & at average risk for colorectal cancer can be offered a yearly FIT to be done at home or in-office. FIT tests should be completed yearly, or colonoscopy every 10 years (or as instructed by provider).

These may be offered during routine MA visits, phone calls, or any time a MA notices that the patient is eligible for FIT testing.

Any time a staff member sees the “FIT PENDING” tag – please remind patient to bring in completed FIT test or offer a new kit.

Patients who are high risk should be assessed by a provider for colonoscopy consideration.

Procedure

1 Identify eligible patients

- CRC screening history
 - FIT test more than one year ago
 - Colonoscopy more than 10 years ago
- **Average Risk Patients**
 - No family history of colorectal cancer
 - No personal history of colon polyps
- **High Risk Patients**
 - Family history of colorectal cancer
 - Make sure to document in “Family History” for provider reference

2 Discuss FIT

- If eligible, offer FIT test for colorectal cancer screening to patient. Discuss CRC, FIT test, and colonoscopy as appropriate
 - If patient has persistent questions, make note for provider to discuss with patient
- *About colorectal cancer*

- Colorectal cancer is the second-leading cause of cancer death in the United States
- Colorectal cancer is often preventable with testing of people who have no symptoms, often called screening. *Note: patients may understand the terms “test” or “testing” more easily than the word “screening”*
- *About FIT*
 - These tests work by detecting small, invisible amounts of blood that can come from colon polyps or early colorectal cancer
 - Cheap – only costs \$10 per kit
 - If done every year, they can help find polyps and cancers before they become life threatening
- *About colonoscopy*
 - Pros: Only need to be done every 10 years
 - Cons: Expensive (~\$1,200 - \$2,000 without insurance)

3 Screen for contraindications

- Active hemorrhoid bleeding - wait until bleeding has stopped to perform test
- Menstrual bleeding - wait until bleeding has stopped to perform test

4 Administer FIT

- Provide client with test kit and written instructions in client’s preferred language
 - Ask to be returned in a week’s time
- Review instructions on how to complete test with client
 - If patient can “poop-on-demand”, offer to complete in-office
- Explain procedure to return completed test kit to clinic or laboratory
- Close the loop: have client tell back the information, correct misinformation

5 Document

- Add patient tag: “FIT PENDING”
- Add documentation about MA giving FIT test to existing note.
- Order FIT Test
 - Orders > Lab Orders > Lab: Clinica Colorado > Tests: FIT (Order Set)

The screenshot shows a 'Lab Requisition Form' window. At the top is a navigation bar with icons and labels for Orders, Handouts, Meds Hx, Reports, Referral, Letter, Directory, Templates, and More. The form itself has a title bar with a close button. Below the title, there is a link 'View Order Sets'. The 'Lab' field is set to 'Clinica Colorado' with a dropdown arrow, and the 'Site' field is set to '(Any site)' with a dropdown arrow. There are checkboxes for 'STAT by Phone' and 'STAT by Fax'. The 'Tests' field is highlighted in yellow and has a dropdown arrow. Below it, a dropdown menu is open showing 'Displaying order sets...' and a list of tests including 'FIT' with a sub-note 'Tests include FIT Test' and an 'Order Set' button.

Lab Requisition Form

[View Order Sets](#)

*Lab: Clinica Colorado (Any site)

☐ STAT by Phone ☐ STAT by Fax

*Tests: >

*Dx: S
A
Sal

Displaying order sets...

FIT
Tests include FIT Test

Order Set

- At checkout: Front Desk makes sure patient has the test in-hand
 - If patient has already paid for a FIT test, they should not pay again
 - Ask to be returned in a week's time

Standing Order Authorization

This policy is effective for all patients of Clinica Colorado until rescinded.

Medical Director Name	
Medical Director Signature	
Date	