Patient Navigation for Cervical Cancer in Rural Kentucky

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University of Kentucky • Prevention Research a

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Collaborators

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- **Health Departments**
  - Kentucky River District Health Department
  - Lake Cumberland District Health Department
  - Johnson County Health Department
  - Floyd County Health Department
Background

- In spite of the clear value of early detection and follow-up, adherence with recommendations for follow-up after abnormal Pap tests remains a concern.

- In response to this public health problem, our project has developed and implemented an intervention that utilizes patient navigators in rural health departments.

- The program is designed to assist rural health departments in their efforts to ensure that women receive needed follow-up diagnostic testing and treatment for abnormal pap tests.
Appalachian Kentucky
54 counties, 1.2 million people

Age-Adjusted Invasive Cancer Incidence Rates in Kentucky
Cervix Uteri, 2002-2005
By Appalachian Region
Age-Adjusted to the 2000 U.S. Standard Million Population

Kentucky Rate: 9.63
Rate per 100,000
- Light yellow: 9.01
- Red: 11.24

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Cervical Cancer Patient Navigation Program Objectives

1. To improve understanding of the barriers to follow-up experienced by women with abnormal Pap test results.

2. In conjunction with designated nurse case managers, to recruit, train, and utilize lay health workers as PNs in local health departments’ cervical cancer screening and follow-up treatment programs.

3. Through the development of a Patient Navigator program, to increase the proportion of patients (women) who are adherent with recommendations for timely abnormal Pap test follow-up.
Patient Navigation …. 

- Is assistance offered to assist with understanding of the need for follow-up and to help overcome barriers to health care

- Requires someone who understands the patient’s values, needs, fears and hopes

- Requires someone with knowledge of the health care delivery system

- Involves direct interactions with women
  - Describe nature of follow up testing after abnormal Pap test
  - Helps to increase self efficacy by ensuring that women know that others from similar backgrounds have completed follow-up and successfully resolved their abnormal Pap tests
Patient Navigators ....

• Are often lay people or health care professionals (nurses, for example) selected from the community

• Are trained to be able to address barriers that patients encounter in screening, diagnosis and treatment.
  • Most frequently encounter barriers are financial, transportation, communication, medical system, cultural and emotional/fear barriers.

• Are trained to identify, anticipate, and helps to alleviate barriers that patients encounter in obtaining health care (in rural settings)
Our PN Program includes 5 components

1. Establishing collaboration with local rural health departments
2. Recruitment and training of patient navigators
3. Recruitment and enrollment of participants
4. Identifying barriers/assets that affect women’s receipt of diagnostic and treatment services for cervical cancer and provide navigation through the health care delivery system
5. Collecting assessment data to document navigation
1. Establish collaboration with rural health departments

- Rural Health Departments identified
- Initial contact made with director
- Subcontract negotiated
  - Patient navigator(s)
  - Nursing supervision
  - Administrative support
- Support offered to assist with recruitment
2. Recruit and Train Patient Navigators

- Assist public health departments with advertising, screening of applicants, interviewing

- Training provided by Investigators
  - Individual and group training
  - Observation of procedures
  - On site problem-solving with investigators

- Training supplemented by support from Kentucky Homeplace Project
Patient Navigation for Cervical Cancer in Kentucky

Training Manual for Patient Navigators

2008
## Training Manual Content

### Section 1
Patient Navigation for Cervical Cancer in Kentucky
- 1a. Background
- 1b. Overview of Project
- 1c. Protection of Human Subjects

### Section 2
Patient Navigation Protocol
- 2a. Overview of the Kentucky Women’s Cancer Screening Program
- 2b. Intervention Activities
- 2c. Data Collection and Submission
- 2d. Confidentiality of Data

### Section 3
Training for Patient Navigators
- 3a. Kentucky Homeplace Program
- 3b. Human Subjects Protection

### Section 4
Overview of Cervical Cancer (Questions and Answers)

### Section 5
Overview of Human Papillomavirus (Questions and Answers)
3. Recruit and enroll participants

- Patient navigators assigned to local health departments
- Provide assistance to nurse case managers who are responsible for follow-up
- Study is introduced to patients after counseling
  - Study described and questions answered
  - Informed consent obtained
  - Baseline assessment survey administered (incentive included)
4. Identify barriers/assets and begin navigation

- Administer baseline assessment survey
  - Awareness
  - Knowledge
  - Attitudes

- Assess barriers to obtaining follow-up

- Assist with scheduling follow-up with contract providers
  - Colposcopy
  - Biopsy
  - Surgery
5. Collect Assessment Data

<table>
<thead>
<tr>
<th>N &amp; Local Health Departments randomized to two groups</th>
<th>Intervention</th>
<th>Posttest 1</th>
<th>Intervention</th>
<th>Posttest 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patients</td>
<td>Referral from LHD &amp; Baseline Assessment</td>
<td>PN outreach, education, support</td>
<td>Assessment</td>
<td>PN outreach, education, support</td>
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<td>Intervention</td>
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<tr>
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<td>O</td>
<td>O</td>
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</table>
Assessment

- Outcomes
  - Receipt of recommended follow-up
  - Time required to obtain follow-up
  - Knowledge regarding need for follow-up
  - Attitudes toward Pap testing and follow-up care to prevent death from cervical cancer

- Mediators/Modifiers
  - Barriers to obtaining follow-up
  - Depression
Current Progress

- Health Department contracts completed
- PNs Recruited, trained, supervised
- Patient recruitment proceeding on schedule (N=175)
  - 31% need repeat Pap smear
  - 21% have been referred within the health department
  - 53% have been referred to a provider outside the health department
Barriers to obtaining follow up

- Health insurance (29%)
- Child care (10%)
- Out of pocket costs (9%)
- Fear of what may be found (4%)
Factors supporting obtaining follow-up

- Having ‘knowledge that cancer 'runs in my family so I need to resolve the abnormal Pap smear result’ (22%)

- Having support from family/friends (11%)

- Having follow-up care at no cost (7%)

- Having someone to go with them when they go for care (6%)

- Having a female provider/choice of providers (4%)
Conclusion

- The program creates a novel opportunity to assist public health departments in addressing barriers to cervical cancer care for rural women.

- Patient Navigation services using local navigators appear to be reducing the time needed to obtain recommended care, including diagnostic and follow-up treatment.
Thank You

Questions?