

# Bowel scope screening: interventions to increase uptake in Yorkshire

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<b>Registration date</b> 03/05/2018	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 23/11/2020	<b>Condition category</b> Cancer	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Bowel cancer is the second most common cause of cancer-related deaths in England. Bowel scope screening (BSS) can prevent bowel cancer by removing pre-cancerous growths within the bowel before they become cancerous. Previous research has shown that BSS can lower a person's risk of getting bowel cancer by a third and their risk of dying from bowel cancer by half. The NHS in England now offers BSS to 55 year olds registered with a general practice (GP), but uptake is low, particularly in more deprived areas. The aim of this study is to find out whether GP practice based interventions can increase uptake of BSS in Hull and other parts of Yorkshire.

### Who can participate?

People aged 55 due to receive their NHS BSS invitation (identified through GPs)

### What does the study involve?

Participants are randomly allocated to one of three groups:

1. Usual care: no contact from GPs
2. Primer and self-referral letter: A letter advising of the future delivery of a BSS invitation is sent by the participant's GP, along with a locally tailored leaflet explaining the test. If the practice receives notice that an individual did not attend their appointment, a letter highlighting the self-referral process is sent.
3. Primer and patient navigation: As above, a letter and leaflet are sent ahead of the NHS BSS invitation. If the practice receives notice that an individual did not attend their appointment, a call to the participant is made to identify and address personal barriers to uptake and, if appropriate, help arrange a new appointment. If no telephone contact is possible, a self-referral letter is sent.

Screening attendance is monitored and compared between the groups.

### What are the possible benefits and risks of participating?

Patients may become more informed about what BSS is and attend their BSS appointment, helping to reduce their risk of bowel cancer. These interventions may increase BSS uptake and reduce the number of bowel cancers diagnosed in Yorkshire, and involve no risk to the patients.

Where is the study run from?

1. The Bridge Group Practice
2. James Alexander Family Practice
3. Market Weighton Group Practice
4. Leven and & Beeford Medical Practice
5. Riverside Medical Centre
6. South Holderness Medical Practice
7. Dr AK Choudhary & Dr SR Danda Practice
8. Kingston Medical Group
9. Wilberforce Surgery
10. The Quays
11. Good Heart Surgery
12. Cottingham Medical Centre
13. The Medical Centre, Drifffield
14. Dr AC Milner
15. Greengates Medical Group
16. Beverley & Molescroft Surgery
17. Hancocks ME (Hallgate Surgery)
18. The Chestnuts Surgery
19. Peeler House Surgery

When is the study starting and how long is it expected to run for?  
April 2017 to September 2019

Who is funding the study?  
Yorkshire Cancer Research (UK)

Who is the main contact?  
Dr Lesley McGregor  
l.mcgregor@ucl.ac.uk

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Lesley McGregor

**ORCID ID**  
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# Additional identifiers

## Protocol serial number

35266

# Study information

## Scientific Title

Using primary care to increase uptake of the Bowel Scope Screening Programme in Yorkshire: evaluating paper and telephone based interventions

## Study objectives

Bowel cancer is the second most common cause of cancer-related deaths in England. Bowel scope screening (BSS) can prevent bowel cancer by removing pre-cancerous growths within the bowel before they become cancerous. Previous research has shown that BSS can lower a person's risk of getting bowel cancer by a third and their risk of dying from bowel cancer by half. The NHS in England now offers BSS to 55 year olds registered with a general practice (GP); however, uptake is low, particularly within more deprived areas. For this study, the aim is to answer the question: Can GP practice based interventions help increase uptake of BSS in Hull and other parts of Yorkshire?

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

London – Harrow Research Ethics Committee, 24/04/2018, ref: 17/LO/1723

## Study design

Randomised; Interventional; Design type: Screening, Process of Care, Psychological & Behavioural

## Primary study design

Interventional

## Study type(s)

Treatment

## Health condition(s) or problem(s) studied

Bowel cancer

## Interventions

Randomisation

The UCL research team will supply each GP practice with a template of the 'study database', which will contain a pre-set randomisation list. Participants added to the database will therefore be assigned to one of three study groups below. The pre-set randomisation list will be generated using block randomisation to ensure each practice has a similar number of patients within each study group. Each person added to the study database will have their address checked against other individuals within the study database. If someone resides at an address that has already been entered into the study database, they will automatically be given the same

study group as the first person at that address. This will make sure people living at the same address receive the same intervention, thereby reducing the opportunity for contamination.

### Phase 1: Randomised Controlled Trial

Over a 6 month period, individuals due to receive their NHS BSS invitation (identified through GPs) will be randomly assigned to one of three groups with attendance monitored and compared between groups:

1. Usual care: no contact from GPs.
2. Primer and self-referral letter (up to 10 minutes to read and respond to): A letter advising of the future delivery of a BSS invitation will be sent by the individual's GP, along with a locally tailored leaflet explaining the test. If the practice receives notice that an individual did not attend their appointment, a letter highlighting the self-referral process will be sent.
3. Primer and patient navigation call (lasting up to 45 minutes): As above, a letter and leaflet will be sent ahead of the NHS BSS invitation. If the practice receives notice that an individual did not attend their appointment, a call to the individual will be made. This call will aim to identify and address personal barriers to uptake and, if appropriate, help arrange a new appointment. If no telephone contact is possible, a self-referral letter will be sent.

### Phase 2: Process Evaluation

The GP practice will send a letter to a selection of patients who received the interventions in the RCT, inviting them to contact the UCL researchers if they would like to take part in a telephone interview (conducted by UCL researchers). An email with a link to the online survey, with an attached information sheet, from the UCL researchers will be sent to all relevant GP practice staff. A reminder will be sent after two weeks.

## Intervention Type

Other

### Primary outcome(s)

The proportion of individuals attending a bowel scope screening appointment within each study group. Data on the attendance status of each person will be obtained at the end of the study, 12 weeks after the distribution of the final self-referral reminder letter/patient navigation call. The data will be obtained by NHS Digital, who will extract the 'Date of attended appointment' of each person from the NHS Bowel Cancer Screening System using each patient's NHS Number. The NHS numbers will be removed from the dataset prior to transfer and analysis by the UCL research team.

### Key secondary outcome(s)

1. The proportion of individuals attending screening within each group before and after the delivery of non-participant interventions (i.e. uptake within each group before and after the delivery of the self-referral reminder letter/patient navigation telephone call). Data on the attendance status of each person will be obtained immediately before the delivery of non-participant interventions and again 12 weeks after the distribution of the final self-referral reminder/patient navigation telephone call. This information will be obtained by the GP Practice and NHS Digital, who will record the 'Hub letter outcome' (which reports attendance at the appointment offered by the NHS Bowel Cancer Screening Programme and is used to determine which individuals in the intervention groups should receive non-participant interventions) and 'Date of attended appointment' respectively. Comparisons between the interventions groups (Groups 2 and 3) and the control (Group 1), immediately before the delivery of the non-participant interventions, will then be used to determine the impact of the primer letter on uptake. Comparisons within groups, immediately before the delivery of non-participant

interventions and 12 weeks after the delivery of the final self-referral reminder letter/patient navigation call, will conversely be used to assess the impact of the self-referral reminder letter and patient navigation call on uptake. Again, all data will be anonymised prior to analysis by the UCL research team.

2. The demographic composition of individuals who respond to self-referral reminder letters and patient navigation telephone calls. Data on the sex and ethnicity of each person will be added to the dataset using data within the GP Clinical System. Data on the area-level deprivation of each person's home address will also be added to the dataset. This will also be done by the GP practice, who will convert the postcode of the individual's home address (also available on the GP clinical system) into a score on the 2015 Index of Multiple Deprivation (IMD). These data will then be used to assess the demographic composition of individuals who respond to the self-referral reminder letter and patient navigation telephone call.

3. The proportion of individuals attending follow-up colonoscopy within each group. Data on the offer and uptake of follow-up colonoscopy will be added to the dataset using data available on the NHS bowel cancer screening system. The proportion of individuals attending follow-up colonoscopy within each group will then be assessed to determine whether the interventions had any impact on attendance at follow-up colonoscopy.

4. The cost-effectiveness of the interventions to improve bowel scope screening uptake. Pre-existing data on lifetime costs and benefits will be used in the analysis.

5. The acceptability of interventions to bowel scope screening invitees and GP practices. At the end of the study, the trialists will interview a selection of individuals who received the interventions to ask about their views on the materials received and their possible influence on their decision making. They will also seek to obtain the views of staff members from the GP practices involved in the RCT using an online survey.

#### **Completion date**

30/09/2019

## **Eligibility**

#### **Key inclusion criteria**

Individuals (aged 55 years and 1 month) registered with a participating GP practice served by the Bowel Cancer Screening Centre in Hull

#### **Participant type(s)**

Patient

#### **Healthy volunteers allowed**

No

#### **Age group**

Adult

#### **Sex**

All

#### **Key exclusion criteria**

Individuals will be excluded if:

1. They do not meet the clinical eligibility criteria for BSS (i.e. they have had their large bowel removed; they have a stoma bag to collect their stool; they are currently being treated for inflammatory bowel disease; they are awaiting heart surgery or have had heart surgery in the

last three months)

2. They are registered on the clinical system as being a type 2 objector/opt out (i.e. have indicated that their confidential information cannot be shared by NHS Digital for any purposes beyond their own immediate care)

3. They are known to be receiving palliative care

4. They have been diagnosed with cancer (of any type) in the past 12 months

Further exclusions will apply at the GP practice's discretion

**Date of first enrolment**

04/06/2018

**Date of final enrolment**

29/03/2019

## **Locations**

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**The Bridge Group Practice**

Hull

United Kingdom

HU6 9BX

**Study participating centre**

**James Alexander Family Practice**

Hull

United Kingdom

HU7 4DW

**Study participating centre**

**Riverside Medical Centre**

Hull

United Kingdom

HU3 2RA

**Study participating centre**

**Dr AK Choudhary and Dr SR Danda practice**  
Hull  
United Kingdom  
HU7 4DW

**Study participating centre**  
**Kingston Medical Group**  
Hull  
United Kingdom  
HU3 1TY

**Study participating centre**  
**The Quays Medical Centre**  
Hull  
United Kingdom  
HU1 3SA

**Study participating centre**  
**Goodheart Surgery**  
Hull  
United Kingdom  
HU7 4DW

**Study participating centre**  
**Cottingham Medical Centre**  
Cottingham  
United Kingdom  
HU16 4AJ

**Study participating centre**  
**Greengates Medical Group**  
Beverley  
United Kingdom  
HU17 0HB

**Study participating centre**

**Beverley and Molescroft Surgery**

Beverley  
United Kingdom  
HU17 9GQ

**Study participating centre**

**Market Weighton Group Practice**

United Kingdom  
YO43 3FF

**Study participating centre**

**Leven and Beeford Medical Practice**

United Kingdom  
HU17 5NL

**Study participating centre**

**South Holderness Medical Practice**

United Kingdom  
HU19 2PZ

**Study participating centre**

**Wilberforce Surgery**

United Kingdom  
HU1 3SA

**Study participating centre**

**The Medical Centre, Driffield**

United Kingdom  
YO25 6UH

**Study participating centre**

**Dr AC Milner**

United Kingdom  
HU10 6QH

**Study participating centre**

**Hancocks ME (Hallgate Surgery)**

United Kingdom

HU17 9GQ

**Study participating centre****The Chestnuts Surgery**

United Kingdom

HU16 4QX

**Study participating centre****Peeler House Surgery**

United Kingdom

HU13 0RG

## Sponsor information

**Organisation**

University College London

**ROR**

<https://ror.org/02jx3x895>

## Funder(s)

**Funder type**

Charity

**Funder Name**

Yorkshire Cancer Research; Grant Codes: UCL407

**Alternative Name(s)****Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Other non-profit organizations

**Location**

United Kingdom

# Results and Publications

## Individual participant data (IPD) sharing plan

The data sharing plans for the current study are unknown and will be made available at a later date.

## IPD sharing plan summary

Data sharing statement to be made available at a later date

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Protocol article</a>	protocol	28/07/2018	23/11/2020	Yes	No
<a href="#">HRA research summary</a>			28/06/2023	No	No