

Outreach Support Officer

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Caring for Walsall together



Raising Awareness

1 in 15 men and 1 in 18 women will be diagnosed with bowel cancer during their lifetime.

Bowel cancer is the second leading cause of cancer deaths in the UK.

Screening is vital, as it can help detect early signs of cancer, which caught early enough is easier to treat.

Raising Awareness

Symptoms

- 👁️ Bleeding from your bottom & or blood in your poo.
- 👁️ A persistent and unexplained change in bowel habit.
- 👁️ Unexplained weight loss.
- 👁️ Extreme tiredness for no obvious reason.
- 👁️ A pain or lump in your tummy.

If you have any concerns or if things just don't feel right, go and see your doctor.

Risk Factors

You are more at risk if.....

- 👤 Have a strong family history of bowel cancer.
- 👤 History of non-cancerous growths (polyps) in your bowel.
- 👤 Are over 50 (can affect anyone of any age)
- 👤 Have type 2 Diabetes.
- 👤 Have an unhealthy lifestyle.

You can reduce risk by.....

- 👤 Be a healthy body weight.
- 👤 Be more physically active in everyday life.
- 👤 Drink less alcohol.
- 👤 Stopping Smoking.
- 👤 Avoid processed meat and limiting red meats.
- 👤 Eating plenty of fiber, including wholegrains, vegetables and fruit.

**USING YOUR BOWEL CANCER SCREENING KIT.
DON'T IGNORE IT....**



Home Test – Faecal Immunochemical Test (FIT)

What is a home test?

- 💩 Bowel cancer screening test for those aged 60 – 74.
- 💩 Sophisticated and reliable test that uses an antibody that binds to blood and indicates how much blood is contained within the sample.
- 💩 More accurate and reliable than previous FOB tests.
- 💩 User friendly so more people are likely to take part in the screening programme. Hopefully raise participation by 10%.
- 💩 Opportunity to detect more cancers and pre-cancers.
- 💩 Simple way to see if more tests will be needed.
- 💩 Results given in around two weeks.

Home Test Bowel Cancer Screening Kit.

“I have received a Home Test Bowel Cancer Screening Kit in the post. I am unsure how to use the Kit. Would you be able to Help?”



“Of course, I would be happy to explain this to you!”



Faecal Immunochemical Test (FIT)

Before you start be prepared – You will need

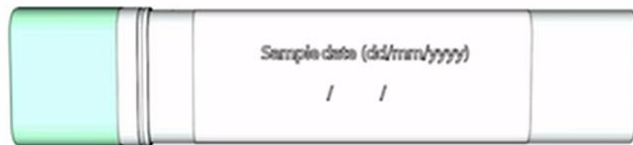
- 👤 The FIT Test Kit
- 👤 Plastic gloves (If Preferred)
- 👤 Black or Blue pen
- 👤 Clean empty container to collect sample



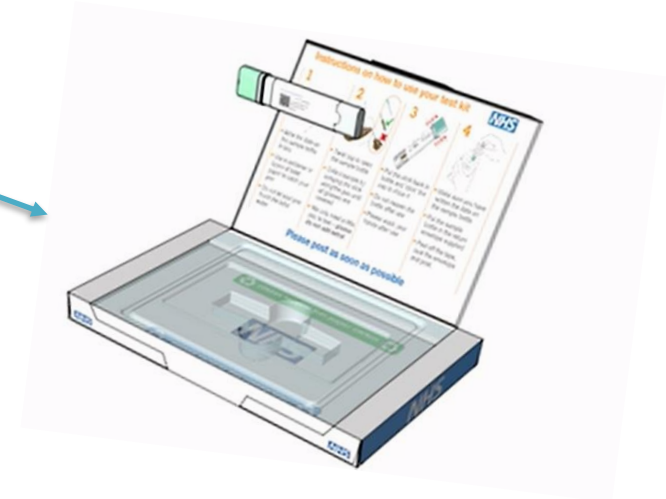
This is what you'd receive in the post!

Using your Bowel Cancer Screening Kit

Take your sample bottle



Clearly add the date sample was taken
e.g. 03/09/2020



How to Catch your Stool/Poo

You could use some of the ideas below

- 💩 Grape Container
- 💩 Ice cream or margarine container
- 💩 Cling film over the toilet (leave a dip)
- 💩 Takeaway container

Top Tips

- 💩 Containers must be **clean** and **dry**
- 💩 Line container with toilet paper so you can easily tip away after

The sample must not touch the water in the toilet!

Taking a sample of your Stool/Poo

Step One

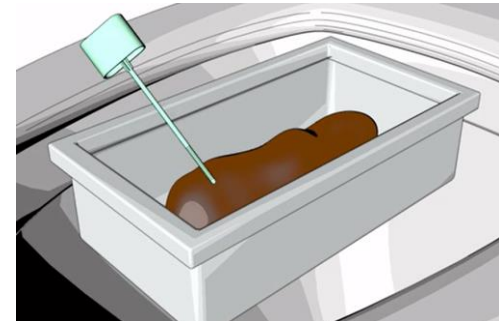
💩 Take stick from the tube



Step Two

💩 Scrape end of stick along the Stool/Poo

💩 Only a very small amount of the stool is needed

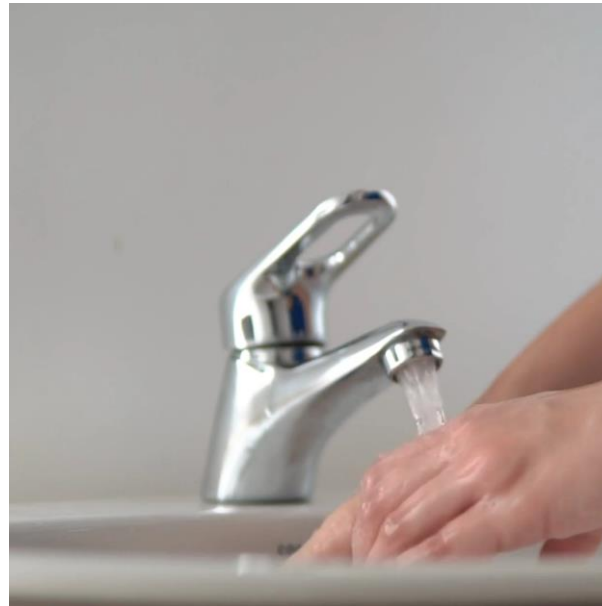


Step Three

💩 Place the stick in the sample tube until it clicks.



Wash your hands!



Note:

Check you have added date correctly before sealing your test.

Post it back to us



Step Four

👁️ Put the sample bottle in the pre-paid envelope/box provided

Step Five

👁️ Post the test as soon as possible.

👁️ Results will be back in two weeks.

👁️ Don't be concerned, **98 in 100 (98%)** of results return normal.



Safe, high quality care



Care at home



Partners



Value colleagues



Resources



Respect
Compassion
Professionalism
Teamwork

Faecal Immunochemical Test (FIT)

- 💩 With this Kit you will collect a stool/poo sample.
- 💩 Place it in a small plastic sample bottle.
- 💩 Post it back to the laboratory for testing.
- 💩 Results back in two weeks.
- 💩 Relax for two years.



Thank you

“Thank you, I feel so much more confident! It’s so much easier than I thought, I’ll be doing it as soon as I can!”



Any Questions?

Walsall CCG February 2020

- 👤 Currently only 58% of those eligible complete the test.
- 👤 The independent cancer taskforce has an ambition of 75% uptake by 2020
- 👤 Every half an hour, someone dies from Bowel Cancer.
- 👤 If diagnosed early, 90% of cases can be treated effectively.
- 👤 Someone is diagnosed every 15 minutes with Bowel Cancer in the UK.

2015-2017 UK Statistics
Cases – 42,317 **Deaths – 16,272**
Survival 83% **Prevention 54%**
74 completing the home test.

