Improving primary prevention and screening: Knowledge synthesis and actionable recommendations for the BETTER Program

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Context

- Primary care providers lack time, resources and tools to comprehensively address cancer and chronic disease prevention and screening (CCDPS).
- Guidelines and resources are usually focused on one specific disease, organ system, or lifestyle risk.
- The BETTER Program:
 - Uses a comprehensive, personalized approach that proactively targets patients to address their CCDPS needs;
 - Engages patients 40-69 years of age to become active participants in their health; and
 - Involves an evidence-based intervention provided by a healthcare professional with enhanced skills in CCDPS, the Prevention Practitioner (PP).
- The PP meets with patients one-on-one and uses the BETTER toolkit, created using a rigorous process of knowledge synthesis and harmonization of available clinical evidence, to determine which CCDPS actions patients are eligible to receive.

Objectives

- 1. To describe the evidence review and knowledge synthesis process used to identify and synthesize highquality clinical practice guidelines; and
- 2. To illustrate the evidence-based clinical practice tools developed for the BETTER Program that can help inform primary care.

Setting

- Rural, remote, and urban primary care settings in Canada.
- Patient population eligible for screening recommendations – adults 40-69 years of age.

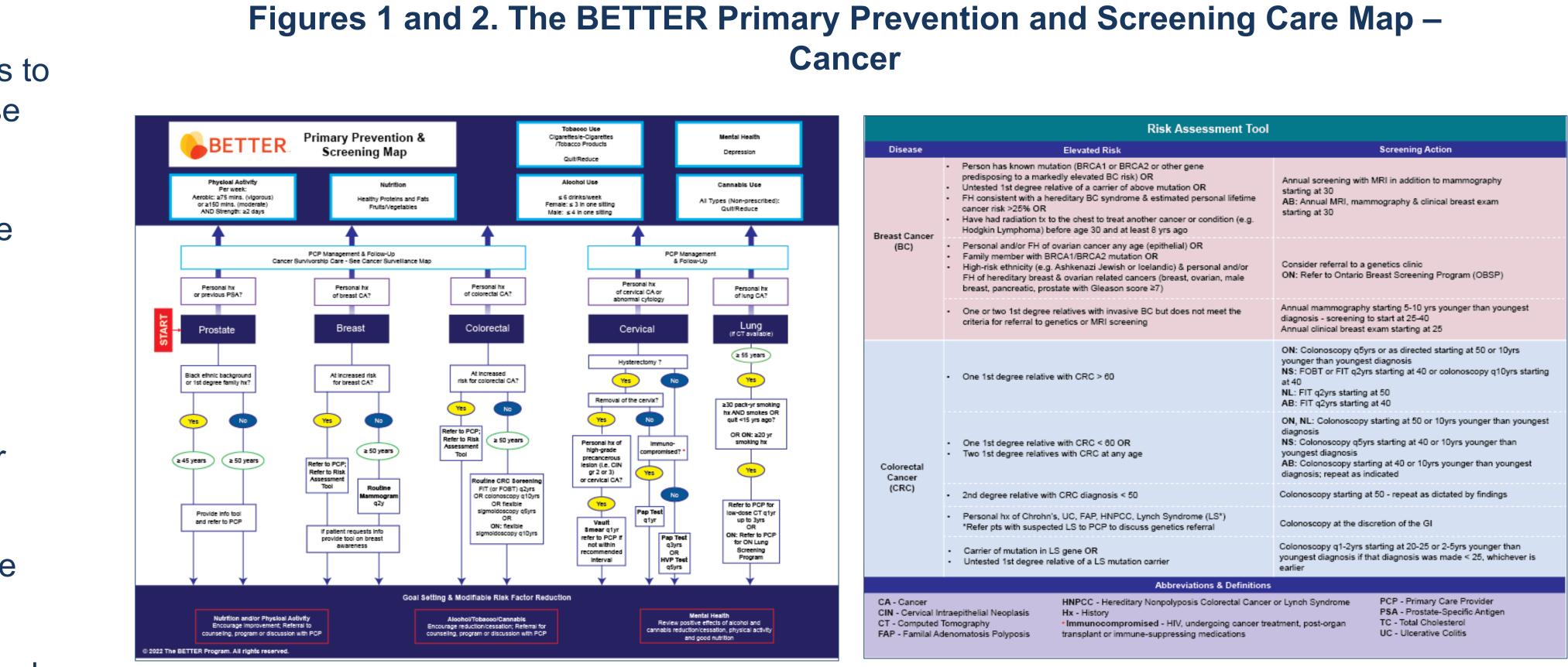
Methods

Who? Clinical Working Group (CWG) composed of decision-makers, researchers, clinicians and a patient representative across Canada.

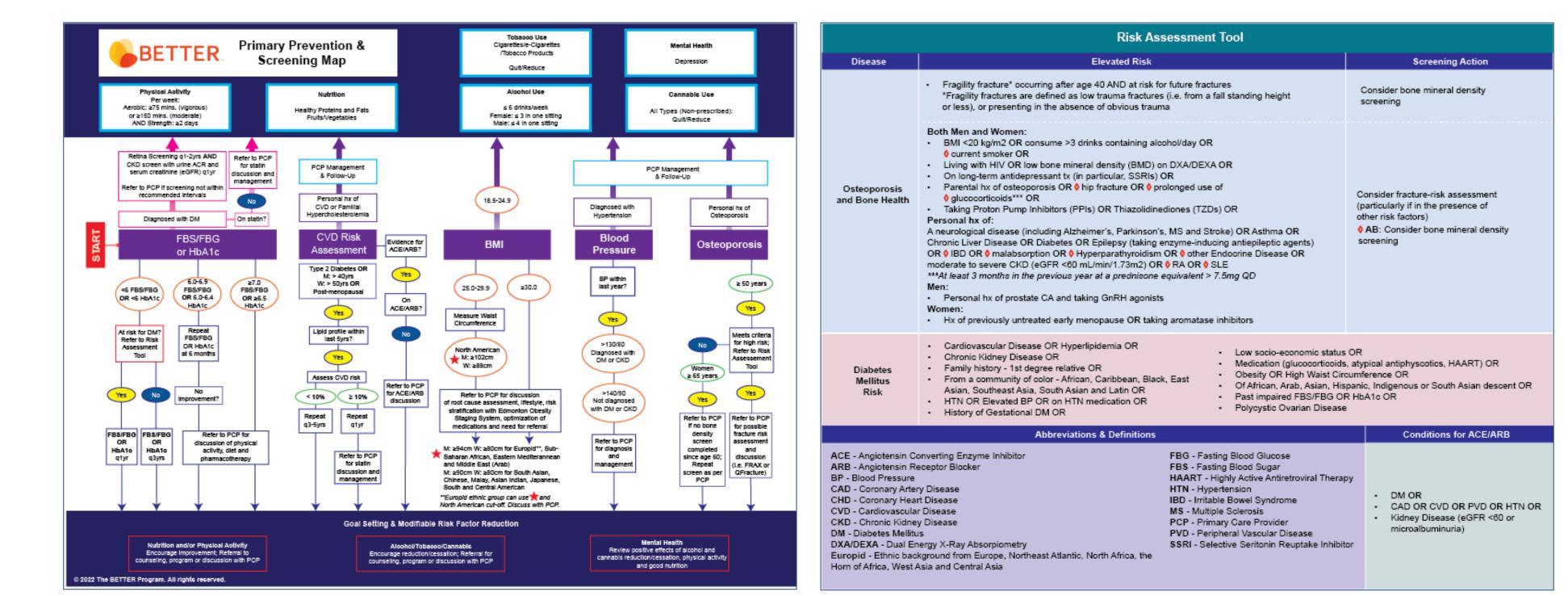
References

^{2.} Manca, D. et al.. Developing clinical decision tools to implement chronic disease prevention and screening in primary care: The BETTER 2 Program (Building on Existing Tools to Improve Chronic Disease Prevention and Screening in Primary Care). Implementation Science 2015: 10 (107).





Figures 3 and 4. The BETTER Primary Prevention and Screening Care Map – **Chronic Disease**



Figures 5 and 6. The Prevention Prescription and S.M.A.R.T. Goals sheet

summary of o Screening For:	ur discussion, inclu	uding next steps that w	/e can take tog	revent cancer and chronic disease. This tool is a ether to improve your health and well-being. Referrals/Actions:								
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Lifestyle and Other Concerns**			Enter year or time frame	Enter referrals made or action items for patient or clinician						-		
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Methods (cont'd)

How? Building on previous work^{1,2} and working with the Centre for Effective Practice (Toronto, Ontario, Canada), high-quality international, Canadian, and Provincial CPGs published between 2016 and 2021, focusing on primary prevention and screening of cancer and chronic disease, and applicable to our population of interest were identified to update the existing BETTER toolkit.

What? Three topic review teams were assembled based on CWG members' area(s) of expertise to review and synthesize the guideline recommendations based on evidence for their topic. A total of 19 CCDPS topics within scope for BETTER were reviewed by the teams:

- prostate cancer
- osteoporosis

Results

Nuanced for family history and other risk factors, the **BETTER Primary Prevention and Screening Maps** (Figures 1-4) guide clinicians as to the appropriate care paths for primary prevention of cancer and chronic disease for patients 40-69 years of age.

The final CWG recommendations informed the updated BETTER toolkit:

- history.
- (Figures 5 and 6).

Conclusion

Synthesized and evidence-based integrated care plans can be used to assess patients' CCDPS risk and health priorities in diverse populations in Canada.

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ALBERTA INNOVATES





Cancer team – breast, cervical, colorectal, lung, and

 Chronic disease team – cardiovascular disease, COPD, depression, diabetes, hepatitis C, obesity, and

• Lifestyle team – alcohol, cannabis, diet, drug use, physical activity, tobacco, vaping & e-cigarettes

 Patient health survey focused on information not well documented in charts, including a detailed family

 Agenda setting and patient teaching tools – the male and female Bubble Diagrams.

• The Prevention Prescription and S.M.A.R.T. Goals sheet

^{1.} Campbell-Scherer et al. Guideline harmonization and implementation plan for the BETTER Trial (Building on Existing Tools to Improve Chronic Disease Prevention and Screening in Family Practice). Canadian Medical Association Journal Open (CMAJ Open) January 22, 2014: 2(1): E1-