

Title of Intervention: Easy-to-Use Home-Administered Kits to Increase Colorectal Cancer Screening

Intervention Strategies: Environments and Policies, Individual Education, Supportive Relationships

Purpose of the Intervention: To increase screening in Chinese adults

Population: Chinese adults aged 40 and older

Setting: Worksites in urban Taiwan; home-based, worksite-based

Partners: Worksite managers and leaders, collaborating hospital

Intervention Description:

- Environments and Policies: Participants were given home screening kits to return after two to four weeks. Instructions in Chinese and a test result reporting card were included.
- Individual Education: A colorectal cancer screening brochure was distributed along with home kits.
- Supportive Relationships: A health hotline and health care providers were available to provide further consultation and education.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Staff to coordinate mailings, health care providers
- Training: Not mentioned
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Home screening kits, brochures, instructions, result cards, telephone hotline
- Evaluation: Surveys

Evaluation:

- Design: Pre- and post-test
- Methods and Measures:
 - A survey assessed acceptance of the kit, completion efficacy and ease of using the kits and intent to screen again in the coming year.
 - Kit return rates determined screening participation and completion.

Outcomes:

- Short Term Impact: Screening intention increased significantly due to the provision of home kits. Screening acceptance, ease and screening completion efficacy were significantly increased.
- Long Term Impact: High return rates and completion rates were documented.

Maintenance: Participants with positive test results were followed up by health care professionals.

Lessons Learned: Recruiting worksite managers and leaders as partners may be an effective way to gain entrance into a worksite setting and increase responses.

Citation(s):

Hou SI, Chen PH. Home-administered fecal occult blood test for colorectal cancer screening among worksites in Taiwan. *Prev Med.* Jan 2004;38(1):78-84.