

TEXAS C-STEP Newsletter

Colon Cancer Screening, Training, Education & Prevention

Texas A&M Health Science Center

5/31/2012

Year 1, Quarter 3

About Texas C-STEP Background and Goals

The Colon Cancer Screening, Training, Education and Prevention Program, or C-STEP, is a colorectal cancer prevention program conducted through the Texas A&M Health Science Center.

Funded by a grant from the Cancer Prevention & Research Institute of Texas, or CPRIT, the program provides funds to enhance capacity for colorectal cancer screening and

eliminating the potential for them to develop into cancer.

Texas C-STEP is increasing access to colorectal cancer screening for safety-net patients, while increasing the number of family medicine physicians trained to conduct colonoscopy screenings. In addition, the program incorporates community health workers/Promotores as patient

"...the program provides funds to enhance capacity for colorectal cancer screening and increase physician training in colonoscopy through the Texas A&M Family Medicine Residency."

increase physician training in colonoscopy through the Texas A&M Family Medicine Residency. C-STEP will serve as a state and nationwide model for translating colon cancer screening and prevention services into the family practice setting.

Colorectal cancer screening, through the procedure called colonoscopy, has proven to be the most effective tool in the fight against colon cancer – America's number two cause of cancer-related deaths. Polyps can be found by colonoscopy and removed,

navigators (advocates) to provide culturally-appropriate outreach, education and navigation services to patients receiving colorectal cancer screenings at the Texas A&M Family Medicine Center.

Success in Numbers

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In the first six months of this grant, from September 1, 2011 –February 29, 2012, the following outcomes have been accomplished:

◎ 137 people received CRC screening

◎ 493 people were reached through educational programs and physician referrals or consults

◎ 114 professionals were educated through training sessions or service provider meetings



“Step Up To Prevent Colon Cancer” Health Festival

A Community-wide Effort

As part of National Colon Cancer Awareness Month, Texas C-STEP hosted its first community-wide Health Festival to increase awareness about colon cancer and the colorectal cancer screenings being offered through CPRIT funding. Held at the Neal Recreation Center in Bryan, Texas the event offered entertainment, children’s activities, multiple health screenings, and the opportunity to meet one-on-one with a certified community health worker/Promotor.



An overarching goal of the festival was to evaluate attendees for colon cancer risk and link them with the appropriate resources for colorectal cancer screening. Many other services were available for participants at the Health Festival including: diabetes screening and education, cholesterol checks, mammography, hearing and vision checks, and clinical breast exams. A fun and exciting event for people of all ages, the Health Festival featured dance groups, a fire truck for the children and a massive walk-through SuperColon™ - a fun and interactive learning tool for all ages!

More than two dozen exhibitors generously donated their time and resources to make the event possible!

Thank you to these sponsors and participating organizations!

- ✦ Project Unity
- ✦ Blinn Nursing Program
- ✦ Carter BloodCare
- ✦ Texas A&M Physicians Family Medicine Center (Family Medicine Residency)
- ✦ 2-1-1 Program (United Way)
- ✦ American Cancer Society
- ✦ TAMHSC School of Rural Public Health
- ✦ Texas Community Outreach Association
- ✦ Elder-Aid
- ✦ Family Home Health
- ✦ Superior Health Plan™
- ✦ Amerigroup Real Solutions®
- ✦ Guardian Healthwise Home Health
- ✦ Texas Home Health Hospice
- ✦ Brazos Valley Community Action Agency (BVCAA)
- ✦ Head Start (BVCAA)
- ✦ Mental Health Mental Retardation Brazos Valley (MHMR)
- ✦ Early Childhood Intervention (ECI) (MHMR)
- ✦ Pink Alliance
- ✦ Texas Department of Assistive & Rehabilitative Services (DARS)
- ✦ Brazos Valley Area Agency on Aging (BVAAA) (BVCOG)
- ✦ Brazos County Health Department

Health Festival Success



The success of the Health Festival is evident by the fact that:

◎ **108 people registered at the event**

◎ **278 people walked through the SuperColon™ exhibit**

◎ **50 one-on-one appointments with community health workers were conducted**

◎ **70 diabetes and cholesterol tests were completed**

◎ **35 PEOPLE MADE AN APPOINTMENT FOR COLONOSCOPY!**



Meet Our Community Health Workers

A Critical Part of Our Team

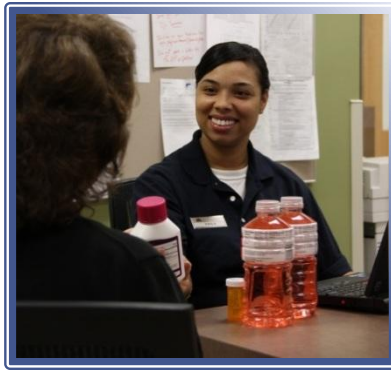
Long-time Bryan resident **Sabrina Washington** is a Texas state-certified community health worker for the Texas A&M Physicians Family Medicine Center. She assists this project by conducting outreach to clinical partners throughout the Brazos Valley – introducing them to C-STEP and the referral process for colorectal cancer screenings.

Her community outreach and education efforts have extended to

“My most important role is providing excellent customer service to our patients, simply by exhausting all my resources assuring their needs are met.” – Sabrina Washington, CHW

ladies’ meetings, pastors’ meetings, low-income apartment complexes, and just about anywhere she thinks there may be individuals who need to know about the opportunity for free colorectal cancer screening. In the clinic, she meets with each patient in advance of their colonoscopy to discuss the procedure and document their individual needs, concerns and potential barriers to participation.

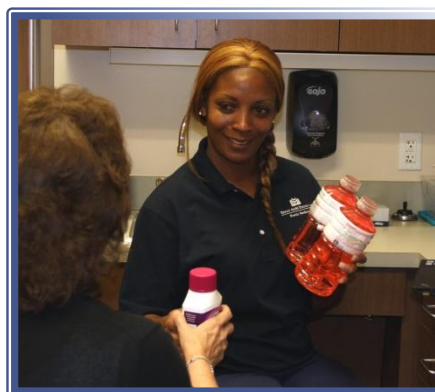
Sabrina has over 20 years of experience in the healthcare field. She began as a Certified Nurse’s Assistant and also worked previously with Brazos Valley Council on Alcohol & Substance Abuse as Program Coordinator.



Kahla Nelson is also a community health worker for the Texas A&M Physicians Family Medicine Center. The C-STEP outreach and education efforts take her into the counties eligible for C-STEP screenings: Brazos, Grimes, Washington, Robertson, Leon, Madison and Burleson. In the clinic, she serves as a bridge between clinical staff and patients, obtains data, and helps

patients navigate the complex health care system.

Kahla was employed with the Texas Department of Criminal Justice for two years before joining Texas A&M Physicians Family Medicine Center. She also serves as a church clerk, teaches Sunday school class and is the President of a women’s mission.



Spotlight on Our Partners

Brazos Valley Health Partnership



The **Brazos Valley Health Partnership (BVHP)** is a C-STEP partner in our efforts to “spread the word” to the Brazos Valley about the importance of colorectal cancer screening. The BVHP has health resource centers in Madison, Burleson, Grimes and Leon counties that serve to improve health status and access to care for the residents of the counties they serve.

On January 11th, 2012 the Madison Health Resource Center (MHRC) hosted an event to educate Madison County residents about colon cancer prevention and the opportunity for colon cancer screening through Texas C-STEP. Thirty-three people attended the event including those that had transportation provided by the MHRC.

Our partners indicate that C-STEP is meeting a significant need in their communities. C-STEP received this note from Camilla Viator, MHRC Director, following the January educational event in Madisonville: *“...I was stopped [by a woman] in a Madisonville bank parking lot and thanked for helping her get a free colonoscopy. She was one of the ladies who attended the program and signed up afterwards. The results were good and she said she was treated like a queen. On the day of the procedure, whoever put in her IV, told her that ‘today is all about you.’ She said that really made her feel good. It made me feel good to help bring this program to Madison County. I hope it makes you feel good about the difference the grant is making in the rural counties.”*

Visit Our Website

<http://texascstep.org/>

General Information

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About the C-STEP Logo ...



Our logo was created by the C-STEP team to convey the focus and purpose of our project.

The dark blue color is the designated color for colon cancer.

The C-STEP acronym identifies our four focus areas: Colon Cancer Screening, Training, Education and Prevention.

The boots are a reference to our focus on Texans and a desire to "stomp out colon cancer!"