



The Challenges of Mammography Utilization in Family Practice

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Background

Breast cancer:

- 1st cause of new cancer cases in women
- 2nd leading cause of death among women
- Highly heterogenous, ranging from indolent to invasive, within individuals and across populations
- Determining screening guidelines is uniquely difficult

In terms of mammography:

- EBCAP recommends biennial screening for women ages 50-74 in line with U.S. Preventive Services Task Force (USPSTF) recommendations
- RI meets national recommendation with 85% of women being screened according to guidelines
- EBCAP does not meet its goal of a 60% screening rate

Objectives

- Identify barriers to mammography
- Provide suggestions for improving access and informed patient decision making around mammography

Methods

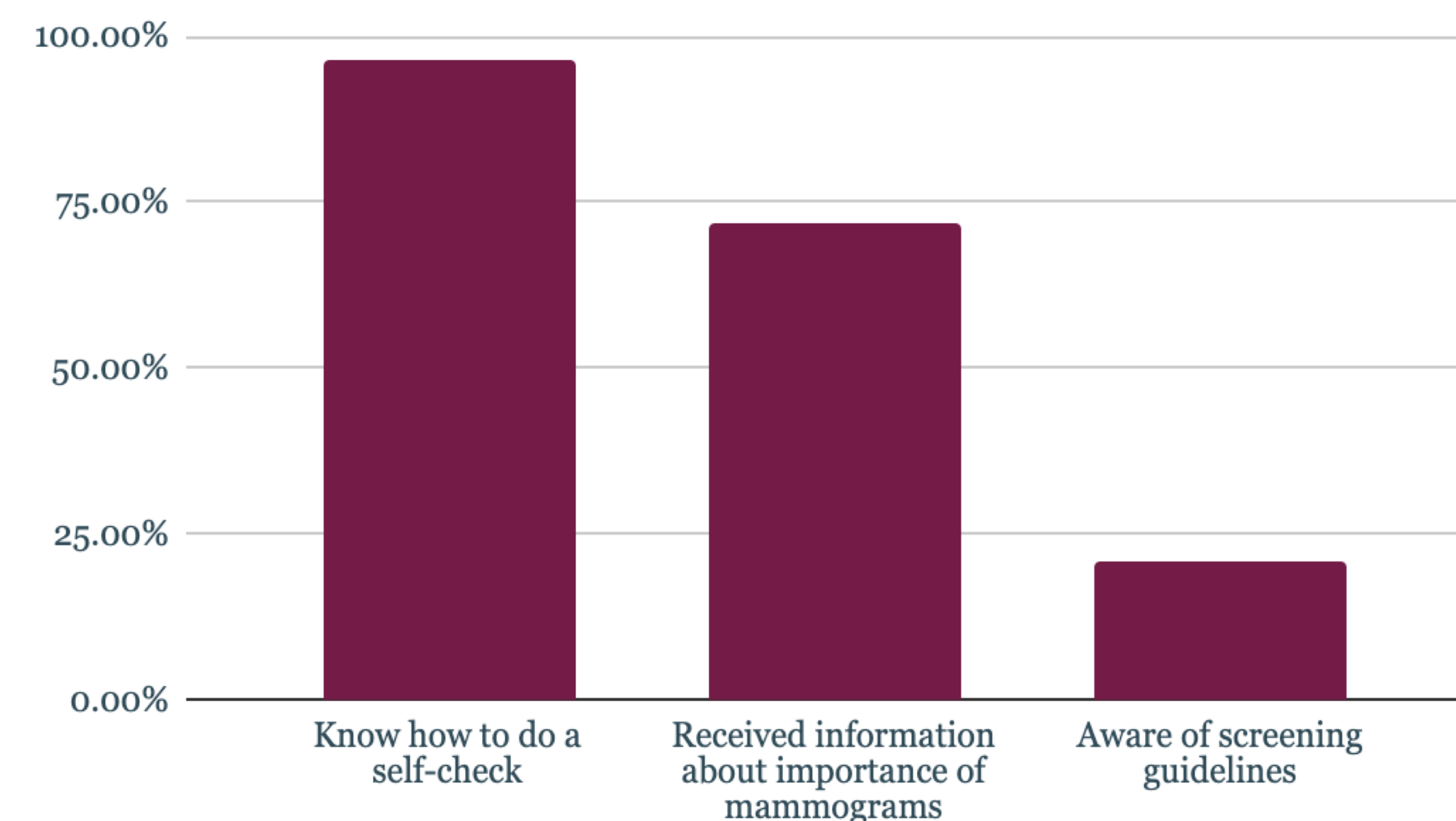
QI Project and Capstone

With the assistance of EBCAP, we were able to construct a survey to assess patient education and barriers to care around mammography by their patient population. The survey was administered to women ages 50 to 74, and results we quantitatively analyzed along with a qualitative analysis of free text.

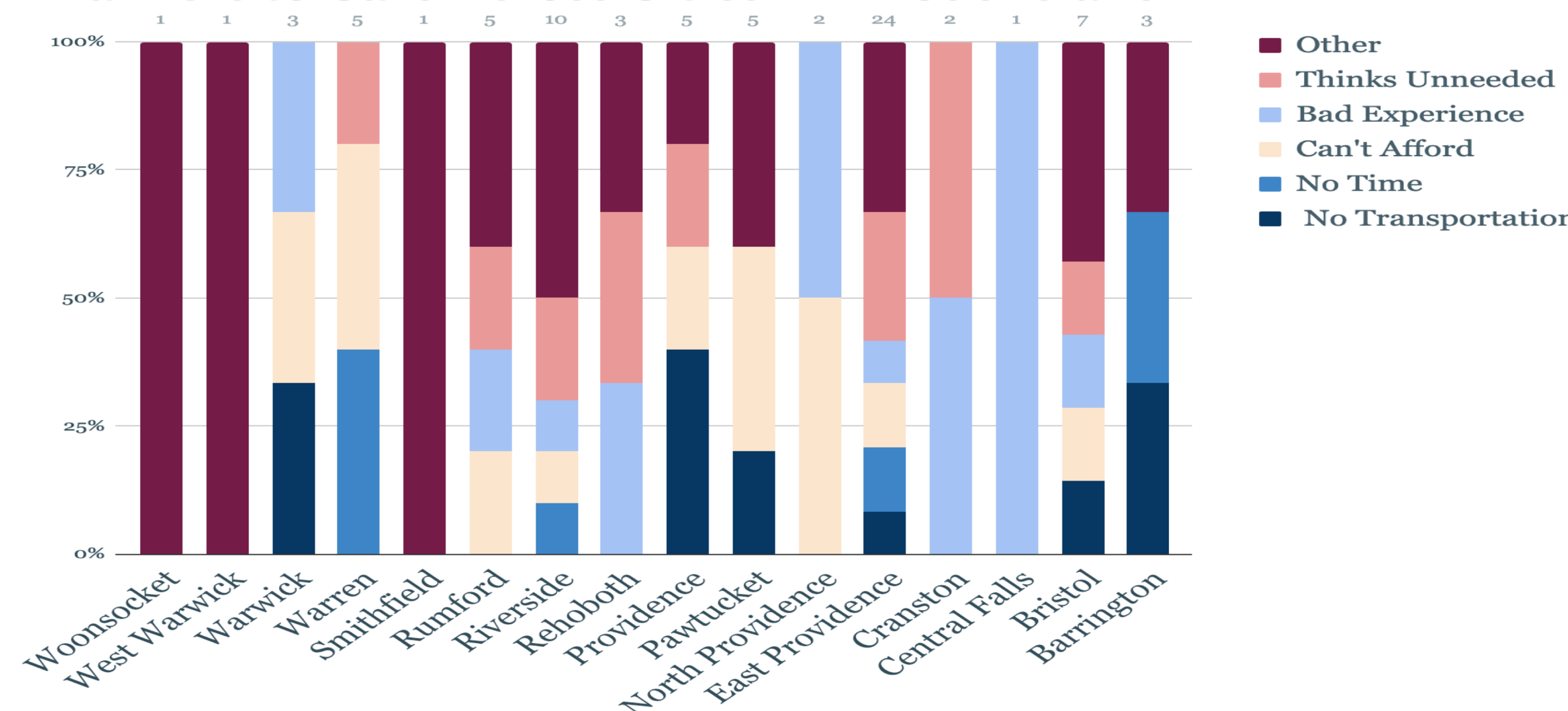
Literature Review

We conducted a literature review to identify the risks and benefits of mammography to find better ways to open up a conversation between providers and patients. We also consulted recent articles for best practices surround mammography as well as for established barriers to care for screening.

Assessing Patient Education



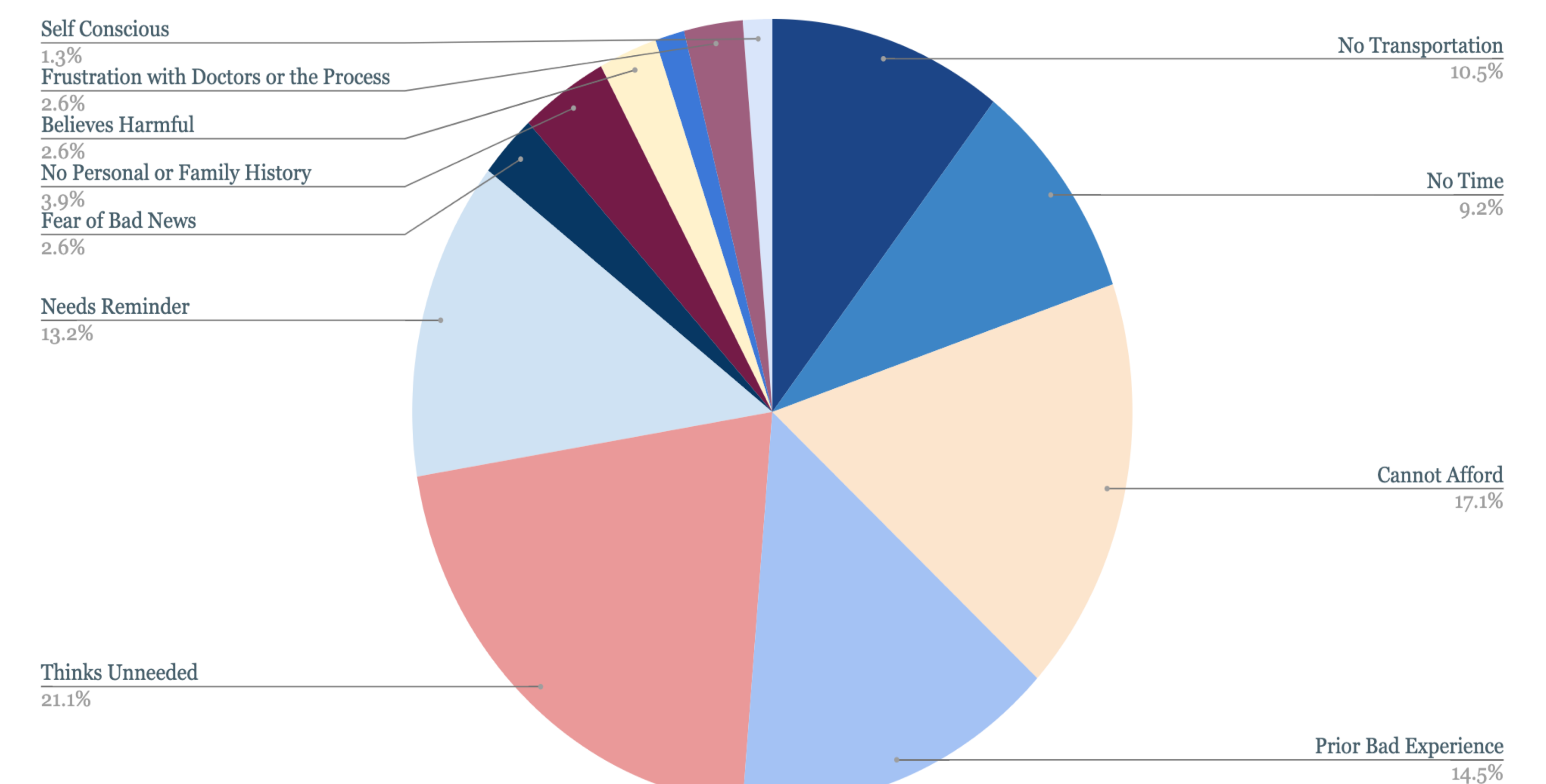
Barriers to Care Across Cities in Rhode Island



Results

Based on a survey of 50 women ages 50-74 who have not had a mammogram within the last two years:

Barriers to Mammography



- Most individuals reported multiple barriers
- Even with a small sample size, these barriers are clearly spread throughout the areas served by EBCAP
- Not all information about screening is disseminated equally

Results

- A variety of factors prevent women from getting mammograms which fall into these primary categories:

Access

Education & Communication

- Despite being offered free services particularly underserved women continue to report experiential and psychological barriers to mammography indicating a need for more tailored patient education (Fayanju et al)

Conclusions and Next Steps for EBCAP Health Center

- Mammography utilization is hindered by a number of barriers which can be uniquely addressed in the setting of a community health center with a variety of resources

Recommendations:

SHORT TERM:

- Remind during referral
- Continue reminder calls
- Utilize insurance application assistance
- Educate on different screening methods and schedules

LONG TERM:

- Patient education to specifically target individual concerns
- Emphasize patient-driven decision making
- Improve availability of transportation services
- Implement streamlined reminder process
- Provide adequate behavioral health support

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References

Siegel, R. L., et al. (2019). "Cancer statistics, 2019." *CA Cancer J Clin* 69(1): 7-34.

Fayanju, O. M., et al. (2014). "Perceived barriers to mammography among underserved women in a Breast Health Center Outreach Program." *Am J Surg* 208(3): 425-434.