



Time to screen National Bowel Screening Programme

MINISTRY OF HEALTH  
HEALTHY PEOPLE

FREEPHONE 0800 924 432

www.timetoscreen.nz



## Bowel screening programme - Wairarapa update

# Wairarapa bowel screening 18 months on....



### Merry Christmas from the Wairarapa Bowel Screening Team

- 82% (6,800) of eligible population invited to screen
- 220 positive results
- 150 colonoscopies
- 14 cancers detected
- 349 spoilt kits

Kits are spoilt if they are damaged, have no barcode, don't specify the date the sample was collected, or take toolongto get to the Lab. Spoilt kits are replaced, but we'd rather they were avoided. Please be sure to follow the instructions provided, do the test early in the week to avoid weekend or christmas holiday postal delays.

### Message from the Chief Executive

*As 2018 draws to a close, I reflect on all the great things achieved this year in the DHB - and the jewel in the crown for me is the work, and the statistics that reflect that work, done with bowel screening. The gaps are closing, people are actively participating, cancers are being detected early and treatment is being provided. The outreach teams are working with our Pacific and Māori communities, going above and beyond to make sure Wairarapa is well served.*

*I was proud to report our Wairarapa bowel screening results to the Select Committee this month, and I am proud of the team. Many people are having a merrier christmas because of this programme. My warmest congratulations and thanks to all involved.*

Adri Isbister  
Chief Executive, Wairarapa DHB

## Closing the gaps...

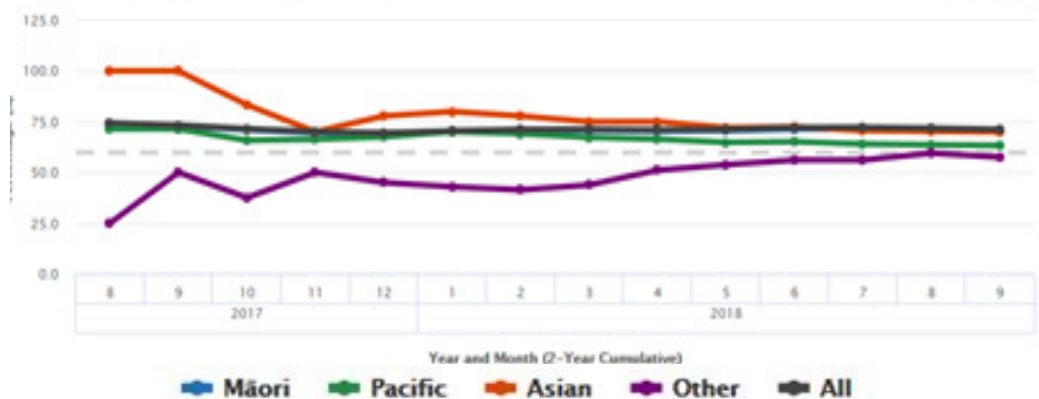
**Tofa Suafole Gush, (left) Director of Pacific People's Health and Otila Tefono, Pacific Health Facilitator know the effectiveness of the face-to-face approach.**



Our Māori Health Directorate and Pasifika teams work hard to ensure that the equity gap continues to close for bowel screening. They partner with whānau groups to ensure participants who have been invited to do bowel screening understand and are comfortable with the process. They are available to talk through how to do the test and what is involved.



### Participation by ethnicity



Approx 780,000 people aged 60-74 eligible in New Zealand



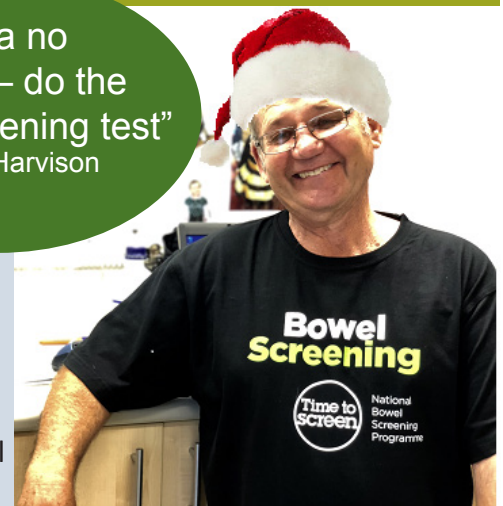
8,615 are  
in Wairarapa

For every 1000 people who complete a bowel screening test, about 50 will be positive. Of those, about 35 will have polyps and, on average, 3 or 4 will have bowel cancer found



Get it done!

"It's a no brainer – do the bowel screening test"  
Beaver Harvison



## Gift your family your health this Christmas.

Beaver Harvison is no stranger to health, working at the hospital daily. But, despite his good understanding of the benefits of screening, he still procrastinated when he received his Bowel Screening kit in the mail.

"I thought, 'Oh Yeah, that's arrived. Good' and I put it to the side," he said. "Something to sit around for ages, you know it's there but you don't want to do it."

His two daughters, Monique and Alex, and his wife, Sue had other ideas. They were very persistent and kept on his case. "Do you want to see your grand kids and your daughters grow old? Dad take the test, how hard could it be?" They were pretty determined," Beaver remembers.

"Health, happiness and family, that's what it's all about. And not necessarily in that order," said Beaver. He is convinced that the best gift you can provide your family is your health.

Beaver finally gave in to his family's persistence. They'd been keeping on his case about the test every time they passed the kit in its envelope. "They wanted me to do it, 'Full Stop' so I did as I was told, and took the test," he said.

When he picked up the test kit, Beaver had a read and couldn't believe how easy it was. "Dip it, put it in the sealed tube and send it away, how simple is that!" he said. "It's not half of what you girls have to do with all your checks."

Just ten working days from sending off the completed test in the post, the result came back to say everything was fine. He didn't tell anyone, but waited for a family get-together with his daughters and their families and then made the happy announcement. "By the way, I'm ALL CLEAR," he told them.

A friend of Beaver's required a colonoscopy after completing his test, successfully catching him at the early stages of bowel cancer. "How lucky for me that I was clear," said Beaver. "But how lucky for him! Screening really could have saved his life. A five minute job and a precious life saved. It's a no-brainer," said Beaver.

"Everyone over 60 MUST DO IT. It is peace of mind, it is so simple, and it's FREE."

# Employers supporting staff Wellness champions within the workforce Fulton Hogan leads the way



**Fulton Hogan is a strong advocate of the bowel screening programme, and encourages its eligible staff to participate in the programme, and others to advocate for their eligible friends and whānau to get on board.**

“The bowel screening programme supports all our staff values,” said Paul Smart, Branch Manager. “It’s about living safely at work, and at home. It saves lives, it keeps our staff safe, and it’s simple, free and local.”

Bowel screening nurse, Fiona Cundy, said she felt privileged to be invited into the staff meeting to share information and answer questions about the screening programme. “We rolled out the programme in Wairarapa in August last year and have had more than 4800 participate,” she said. “While Wairarapa is doing the best in the country in terms of uptake, there are still 30% percent of the eligible population that haven’t taken up the invitation to screen.

“While we know that screening is not right for everyone, we really want to encourage participation for those who should do the test.”

Colleague Janeen Cross, Māori Health Coordinator agrees. “Māori are slower to take up the invitation to screen, and across the Wairarapa population our 60-65 year olds are also a little under-represented in

the programme, at only 65% participating,” she said. “The older groups are above 70%.”

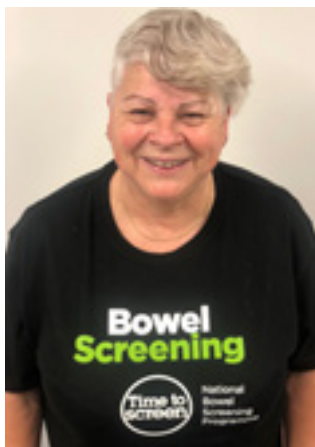
“When the test kits come in the mail, they are no good on top of the fridge waiting ‘for a good time’ to do it,” Fiona said. “The ideal time is right when you get it. Test kits have a six month expiry date so it’s really important to get on and do it.”

Fiona and Janeen are happy to meet with businesses and community groups to explain how the programme works. “Many employers have 60-65 year olds on their workforce, and if not, their staff have friends and family that are eligible. The more we can talk about bowel screening, the more comfortable people can be with it and the better the health outcomes for our people,” said Janeen.

**“Fulton Hogan is behind the bowel screening programme 100% and I challenge all other employers to support this health initiative and educate their staff on the benefits of screening.”**

Paul Smart, Branch Manger Fulton Hogan





*I recently turned 60 and I received the bowel screening letter and pack not too long afterwards.*

*My husband had already been screened in the first year of the programme and so I knew how easy it was to do.*

*The bowel screening test is simple, private and easy to do. The beauty of it is that you do it in your own home, and need no appointment with your doctor. You just do it, and put it in the post. It's all about people taking responsibility for their own health.*

*The idea of taking the test may not be that appealing, but most people's results are negative and that is great. The results came back soon after sending off the test, in the same letter format we are used to with breast screening. My result was negative. I'll be re-invited to participate again in two years' time. For those who receive a positive result, please bear in mind that just because you get a positive test does not always mean you have bowel cancer.*

*It is wonderful to be in Wairarapa and be at the forefront of this campaign. The earlier bowel cancer is diagnosed, the higher the chance of survival.* **Maria Jaquiere, Nurse**

*In my 12 years as a Gynaecology nurse, I've been closely involved in New Zealand's Cervical Screening programme. I see so many people who have taken up screening and been picked up early. I truly know the importance of participating in any type of screening.*

New Zealand has one of the highest bowel cancer death rates in the world.

It is the second most common cause of cancer death in New Zealand.

There are more than 3000 people diagnosed with bowel cancer every year in this country.

More than 1200 people die from bowel cancer every year.

The earlier bowel cancer is diagnosed, the higher the chance of survival.

There is 95% chance of survival after an early diagnosis, and only 10% after a late diagnosis.

Fiona Cundy  
Clinical Nurse Co-ordinator  
Bowel Screening Programme  
Wairarapa District Health Board  
06 9469800 Ext 5728  
E: [Fiona.Cundy@wairarapa.dhb.org.nz](mailto:Fiona.Cundy@wairarapa.dhb.org.nz)

## Aging Positively Expo talking about bowel screening with our community



### Be a champion!

Workplaces and community/sports groups can book a bowel screening presentation. Call us - we'd love to hear from you.

*Thank you to all our fabulous clinicians, support staff and community champions. We appreciate you and the difference you make! Wishing you a happy and healthy 2019, from Wairarapa District Health Board*