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Come back in 10 years, An analysis of the timeliness of screening colonoscopy follow-up at the East Orange VA
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Intro

The USPSTF recommends CRC screening beginning at age 50. Follow-up can range from 1 year to 10 years; timely follow-up improves patient outcomes and morbidity. Our intention was to analyze patients within the V.A. NJ Healthcare System who underwent screening colonoscopy and see if follow-up colonoscopy was done in an appropriate amount of time.

Methods

Patients with an ICD-9 code of V76.51 at the EOVA from January 1, 2001 - December 31, 2015, were queried and separated into two groups based on date of initial colonoscopy (Group A = 2001-2008; Group B 2009-2015). 160 cases were randomly selected from each group. Cases were excluded if they met exclusion criteria. The mean, median, and standard deviation were calculated. A z-Test for two Sample means was used to assess for significance.

Results

A total of 35,762 cases were identified (Group A = 18,483, Group B = 17,279). 160 cases were randomly selected in each group. 104 cases met study criteria (43 in Group A, 61 in Group B). The recommended interval (months) for follow-up colonoscopy was significantly different between the two groups ($P < 0.00569$), with a mean of 59 in Group A and a mean of 52 in Group b. The interval (months) between recommended repeat and actual repeat colonoscopy was significantly different between the two groups ($P < 0.0016$) with a mean of 12 in Group A and a mean of 8.9 in Group B.

Discussion

Between 2001-2008, follow-up on average was delayed by 12 months. However, between 2009-2015, follow-up colonoscopy was performed within 9 months of recommended date. The improvement may be related to a shorter recommended duration between initial and follow-up colonoscopy from 2009-2015. As between 2001-2008, the average recommended follow-up interval was 59 months. It was contrasted to a significantly decreased interval of 52 Between 2009-2015.

Conclusion

The interval between initial colonoscopy and follow-up colonoscopy has been improving, at the EOVA, with most follow-up being done within 9 months of the recommended time.