



## Evidence-Based Cancer Control Programs (EBCCP) Connection



August 2023

### Patient Navigation: The Community Guide and EBCCP

Programs on the Evidence-Based Cancer Control Programs (EBCCP) [website](#) are linked to [The Community Guide](#)—a collection of evidence-based recommendations from the Community Preventive Services Task Force (CPSTF). For applicable programs on EBCCP, readers are informed if the intervention approaches used are recommended, recommended against, or have insufficient evidence according to the CPSTF finding.

Recently, CPSTF recommended patient navigation services to increase breast, cervical, and colorectal cancer screening among historically disadvantaged racial and ethnic populations and people with lower incomes. Due to this recent recommendation, the EBCCP team reviewed the posted screening programs and found that there are 24 patient navigation programs in [breast cancer screening](#), [cervical cancer screening](#), and/or [colorectal cancer screening](#) program areas on the EBCCP website.

### EBCCP Partner Spotlight

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Elizabeth A. Rohan, PhD, MSW, and Stephanie Melillo, MPH, are health scientists in the Centers for Disease Control and Prevention's (CDC) Division of Cancer Prevention and Control supporting the EBCCP website and The Community Guide through various activities. Amy Lansky, PhD, MPH, is Director of the Office of Scientific Evidence and Recommendations within CDC's Office of Science. In this role, Dr. Lansky oversees The Community Guide Program. The EBCCP team interviewed these respected partners to

get their thoughts on use of the EBCCP website, The Community Guide, and the recent change to the CPSTF recommendation on patient navigation services. Read the interview questions and answers below.

### **What are the benefits of implementing evidence-based patient navigation programs for cancer screening?**

Since its inception by Dr. Harold Freeman at Harlem Hospital in 1990, the goal of patient navigation has been to improve access to cancer screening and reduce cancer disparities. Dr. Freeman realized there was a reason his patients, who came from a medically underserved community, weren't getting breast cancer screenings. They all presented with late-stage disease. He wanted to change that. Patient navigators help reduce barriers that limit access to cancer screening and treatment. These barriers can be logistical, like needing transportation or not knowing how to navigate the complex healthcare system, or psychosocial, like having distrust of the medical system or fearing screening procedures or what they might find. We've made progress in these 33 years, but there is more work to be done. To reduce health disparities, we focus much of our patient navigation implementation efforts in regions of the country and in communities that need it most, that is, where disparities are the greatest. This is why patient navigation is a crucial component of programs funded by CDC's Division of Cancer Prevention and Control.

### **What advice do you have for program planners/implementers on how to use The Community Guide and EBCCP together?**

The Community Guide and EBCCP connect intervention approaches recommended by CPSTF with evidence-based programs selected by EBCCP. CPSTF recommendations are based on rigorous systematic reviews and indicate whether an intervention approach works. EBCCP describes various evidence-based programs and offers planners tools and resources for implementing them.

Program planners can use the crosswalks between the two websites from either direction. For example, a program planner looking to increase breast cancer screenings in their community might start with The Community Guide to learn more about CPSTF-recommended approaches. From there, they could read detailed summaries of each systematic review and use the crosswalks to access specific evidence-based EBCCP programs they could implement.

Starting from the EBCCP website, a program planner might consider different evidence-based programs they want to implement or programs already being used in their

community. Knowing whether CPSTF recommends an intervention approach could be used to inform their selection, support their program, or justify funding decisions.

**Do you have any final tips or recommendations for program planners/implementers related to patient navigation for cancer screening?**

Patient navigators help reduce barriers throughout the cancer screening continuum. A needs assessment can identify where in the process barriers exist and what those specific barriers are. This is the first step in appropriately meeting the needs of the priority population. Our award recipients vary widely across geography, demographics served, urbanicity, and clinical contexts. Our programs aim to allow enough flexibility for recipients to address the personal and cultural barriers faced by populations in their local contexts.

**Webinar: Integrating Patient Navigation into Cancer Centers' Community Outreach and Engagement Programs**

On June 26, 2023, the National Cancer Institute hosted a webinar to highlight the current landscape of oncology patient navigation, including standards, metrics, and national efforts as well as the application of these best practices across cancer centers' community outreach and engagement activities in their respective catchment areas.

View the webinar recording to learn more about EBCCP and The Community Guide connection: [Supporting Community Outreach and Engagement | Division of Cancer Control and Population Sciences \(DCCPS\)](#).

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