

Get the Facts about Lung Cancer Screenings



LUNG CANCER SCREENINGS CAN FIND CANCER EARLY—REDUCING THE RISK OF DYING BY 20%.

The National Lung Screening Trial (NLST) compared two ways of detecting lung cancer: low-dose helical computed tomography (CT) and standard chest X-ray. (Source: *Talking With Your Patients About Screening for Lung Cancer*; U.S. Preventive Services Task Force, December 31, 2013.) In November 2010, the Task Force released its initial findings. These findings reveal that participants who received low-dose helical CT scans had a 20 percent lower risk of dying from lung cancer than participants who received standard chest X-rays. Low-dose CT scans were found to more accurately identify early-stage cancer than other screening tests, preventing lung cancer deaths through screenings of high-risk people every year.

THE TASK FORCE NOW RECOMMENDS A LOW-DOSE CT SCAN FOR YOUR PATIENTS WHO ARE OR WERE SMOKERS.

Annual screenings for lung cancer with low-dose computed tomography should be performed for adults who:

- Are age 55 to 80 years old.
- Have a 30-pack-year smoking history, and currently smoke or have quit within the past 15 years. (A “pack-year” is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 30-pack-year history by smoking one pack a day for 30 years or two packs a day for 15 years.)

Those who are uninsured or underinsured may qualify for screenings through the Screening for Life program.

THE SCREENING WILL INVOLVE:

- Low-dose CT scan
- Lung nodule evaluation by a multidisciplinary team
- Cessation counseling and interventions
- Follow-up for abnormal results

A LUNG CANCER SCREENING NURSE NAVIGATOR WILL FACILITATE SCREENING AND PROVIDE FOLLOW-UP.

A lung cancer screening nurse navigator (LCSN) will be responsible for navigating patients through the screening process. The Screening for Life program (SFL) will refer all eligible patients to the LCSN for coordination, scheduling and follow-up for each patient for three years.

The LCSN:

- Will educate patients on the benefits of tobacco cessation and refer all patients to the Delaware Quitline if they are not participating in a tobacco cessation program. The LCSN will refer patients who report that they want to quit to the Quitline directly with a fax referral.
- Will coordinate with the patient’s lung cancer referral source, if known, and assist with identification of a primary care physician if necessary to obtain the required prescription for the lung screening. The LCSN will:
 - » Refer patients and help them with scheduling the lung cancer screening with the approved radiologists, and help identify and remove possible barriers to screening
 - » Receive the report and recommendations from the radiologist
 - » Forward patients’ reports to primary care physicians and the identified multidisciplinary team members
 - » Help patients follow and complete the radiologist’s recommendations
 - » Help patients, if necessary, navigate through the cancer treatment process
 - » Be responsible for completing the required reporting for the SFL program

If you would like to order office posters and tear-off prescription pads, please visit HealthyDelaware.org/lung, click on the partners page and then click on marketing materials.



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