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A patient perspective on the colonoscopy procedure – the Screening of Swedish Colons study (SCREESCO)

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OBJECTIVES

To investigate the colonoscopy experience, and associated factors, in individuals randomized to direct colonoscopy or FIT in a colorectal cancer (CRC) screening study.

CONCLUSION

There are significantly different colonoscopy experiences depending on sex, University hospital or not, randomization group, sedation method, time to caecum and geographical region. This might have implications on the design of CRC screening programs.

Methods

Individuals, aged 60, were during 2014-16 randomized to either a direct colonoscopy (DC) or FIT (FIT-positive offered colonoscopy) in the Screening of Swedish Colons study (SCREESCO). Those who responded to a questionnaire regarding colonoscopy experience were included in this study. Response options varied between items on a 5-point Likert scale, while some were yes/no items. Multiple linear regression analysis was used with the independent variables: sex, randomization group (DC, FIT), hospital regions (five regions), university hospital or not, complications or not, sedation (deep, mild, none), clean bowel (yes/no), time to caecum (<10, 10-20, >20 min), findings of polyps or cancer (yes/no). Five out of 11 questions are shown here.

RESULTS – Multiple linear regression analyses on five items of the questionnaire measuring colonoscopy experience

	Number (%)	Information before examination		Treatment during examination		Pain during examination		Worry about results		Worth do it again	
		Coeff	p-value	Coeff	p-value	Coeff	p-value	Coeff	p-value	Coeff	p-value
	Total n=6524	Coeff	p-value	Coeff	p-value	Coeff	p-value	Coeff	p-value	Coeff	p-value
Sex, male=ref	3368 (51)	0.113	<0.001	0.033	0<0.001	-0.314	<0.001	-0.209	<0.001	0.026	0.004
BMI, <25=ref	2243 (35)										
25-30	2811 (43)	-0.022	0.254	0.053	0.603	0.011	0.736	-0.038	0.282	-0.010	0.299
>30	1436 (22)	-0.015	0.493	-0.016	0.181	0.152	0.709	-0.144	0.001	-0.005	0.666
Randomization, DC=ref	4107(63)	-0.011	0.533	-0.001	0.870	-0.111	0.001	-0.754	<0.001	-0.012	0.183
Region North=ref	705 (11)										
Uppsala-Örebro	2146 (33)	-0.098	0.001	-0.024	0.126	0.042	0.427	-0.054	0.365	0.003	0.841
South-West	852 (13)	-0.010	0.764	0.030	0.111	0.299	<0.001	0.011	0.870	-0.057	0.003
West	1144 (17)	0.030	0.345	0.012	0.468	0.159	0.005	-0.108	0.086	-0.020	0.263
South	1725 (26)	-0.049	0.095	-0.006	0.709	0.179	0.001	-0.108	0.067	-0.015	0.369
University, UH=ref	1610 (24)	0.075	0.001	0.046	<0.001	0.181	<0.001	0.087	0.029	-0.040	<0.001
Complication, yes=ref	105 (2)	0.075	0.224	0.004	0.899	0.521	<0.001	0.051	0.656	-0.051	0.124
Sedation, deep=ref	460 (7)										
Mild	2379 (36)	-0.009	0.779	-0.040	0.022	0.728	<0.001	-0.049	0.413	0.019	0.251
None	3733 (57)	0.009	0.779	-0.027	0.117	-0.669	<0.001	0.067	0.259	0.024	0.151
Clean bowel, yes=ref	5288 (97)	-0.114	0.046	0.003	0.923	0.086	0.402	0.115	0.288	0.001	0.982
Time→caecum, ref=<10	2461 (46)										
10-20 min	2307 (43)	-0.019	0.276	0.012	0.225	-0.305	<0.001	0.014	0.673	0.010	0.266
>20 min	564 (11)	-0.001	0.965	0.010	0.532	-0.763	<0.001	-0.078	0.144	0.046	0.002
Polyp or CRC, yes=ref	3016 (47)	0.025	0.143	0.002	0.806	0.028	0.358	0.001	0.974	0.033	<0.001

Q1-2: 5-graded scale bad→very good. Q3-4: 5-graded scale very much→ not at all. Q5: 2-graded scale yes or no/don't know. For Q1-2 a positive value of the coefficient denotes that the categorie has a better experience compared to the reference. For Q3-4 a positive value expresses less pain or less worry compared to the reference. For Q5 a positive value indicates less willingness to do the exam again.

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