

Improving Medical Student & Resident Training in Women's Health By Implementing a Free Cervical Cancer Screening Program



Marcella Perez MD, Karen Lin MD, Jeffrey Levine MD, MPH,
Anna Sliwowska MD, Jennifer Amico MD, MPH, Karen Piwovar MD
Department of Family Medicine and Community Health
Rutgers Robert Wood Johnson Medical School, New Brunswick, NJ



BACKGROUND

- Pap smears have reduced the U.S. cervical cancer mortality rate by > 50% over the past 30 years
- Major disparities in cervical cancer screening persist, especially among Hispanic and Black women
- Majority of cervical cancer cases occur in minorities and women who have not had a Pap smear in > 5 years
- New guidelines lengthen screening intervals to every 3-5 years, reducing opportunities for trainees to gain experience performing pap smears

DESIGN

- Co-sponsored by the Cancer Education and Early Detection (CEED) Program of the Middlesex County Office of Health Services, and the Robert Wood Johnson University Hospital (RWJUH) Community Health Promotion Program
- Held quarterly on weeknights and weekend mornings to accommodate working women
- Ran by residents who performed pap smears, as well as bimanual/clinical breast exams (when indicated)
- Residents simultaneously trained volunteer RWJMS students on how to perform exams
- FM faculty provided onsite precepting
- Trained community Spanish interpreters assisted patients in completing intake forms and translating during clinical exams

METHODS

- Seven screening sessions were held at the Family Medicine at Monument Square office
- Medical students paired with Family Medicine residents
- Medical students performed 3-6 pelvic exams under direct supervision of the resident
- Faculty member reviewed the Pap and HPV results
- Patients who required further evaluation (i.e., colposcopy) were referred back to FMMS for consultation

RESULTS

Screening Date	# Patients Seen	# Paps Performed	# Abnormal Paps	# Unsatisfactory Paps
04/2016	18	16	2 (13%)	1 (6%)
06/2016	24	21	2 (10%)	6 (29%)
11/2016	13	9	0 (0%)	2 (22%)
03/2017	23	23	3 (13%)	3 (13%)
07/2017	12	11	2 (18%)	0 (0%)
09/2017	18	18	3 (17%)	3 (17%)
02/2018	29	28	5 (18%)	1 (4%)
Total	138	126	17 (14%)	16 (13%)
Additional Procedures Performed Due to Screening Visits:			8 Colposcopies	7 Cervical Polypectomies



CONCLUSIONS

- Providing a free cervical cancer screening program has helped reduce screening disparity among the underserved women of Middlesex County
- Medical students gained experience performing gynecological exams; residents developed their procedural training skills and performed additional colposcopies and cervical polypectomies
- We encountered a significant number of unsatisfactory Pap results due to new learners performing them
- Residents now collect an additional sample which has helped reduce unsatisfactory Pap rates
- This program serves as an example of a successful interdisciplinary community outreach and clinical training initiative

Acknowledgements: Thank you to the CEED Program of Middlesex County & the RWJUH Community Health Promotion Program