

Session/Poster#

Presenter

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### **The Patient's Understanding of Colonoscopy: A Clinical Research Survey**

**Intro:** The purpose of the study was to gauge different patients understanding of the value of colonoscopies from three different clinics. The researchers then sought to measure adherence to current screening guidelines and, if patients did not adhere to current guidelines, assess what factors influenced their decision to not get a colonoscopy.

**Method:** An oral or written open-ended survey was created to be filled out by patients older than 18 years coming to Brighton, Family Health Services (FHS) Lefferts, and LaSante clinics during January 2023. The survey included demographic questions such as sex, age, race, and questions on colonoscopy assessing if the patient ever had one, at what age the patients think colonoscopies are first recommended, what patients think colonoscopies are used for, and if the patients never had a colonoscopy done why that was the case.

**Result:** 40 patients with 19 males and 21 females had 27.5% patients between 18-40 years old, 22.5% patients between 41-60, 47.5% patients between 61-80. 52.5% of patients have had a colonoscopy. 75% of patients identified as black. Most patient surveys came from FHS. Most responses for when to start colonoscopy screening given was 45 years old, with no specific age recommended as the second most common choice, and 55 years as the third. 78% of patients answered cancer detection for reason to get colonoscopy. 12.5% of patients indicated they were unsure how it relates to health. 61% patients, despite knowing why colonoscopy is important to their health, believe it's not recommended for them.

**Conclusion:** Most patients understood that colonoscopies identify cancer that can be treated early. However, majority of patients in our study that did not get a colonoscopy said that they did not believe it was recommended to get one for them. Interestingly, no patients mentioned the preparation beforehand as a reason to not undergo the test. Patient education on screening recommendations can be of major benefit.