

A Pilot Study of Systematic Colorectal Cancer Screening Using FIT in Primary Care:

A Single-Center Study in the Nepalese Population



Dr. Anu Dahal

Area Welfare Doctor & Associate
GP Trainer, Gurkha Welfare Trust
Nepal



Dr. Gerda Pohl

Medical Director, Gurkha Welfare
Trust Nepal

Background and Objective

BACKGROUND



Colorectal cancer (CRC) is rising globally and in Nepal



4th most common cancer in Nepal



Lack of screening programs in Nepal

OBJECTIVE

- ✓ Assess screening uptake
- ✓ Measure FIT positivity
- ✓ Evaluate outcomes and experiences

Prospective mixed-method study (Oct - Dec 2024)



Population

Age 45 - 85 years

Screening

Fecal
Immunochemical
Test (FIT)



Referral

FIT-positive →
Colonoscopy
referral

Questionnaire s

70 patients, 15
staff



Analysis

SPSS

Results

1,029

Participants Completed
Screening (Total
Counselled - 1166)
88.2% screening uptake

10.2%

FIT Positive Rate

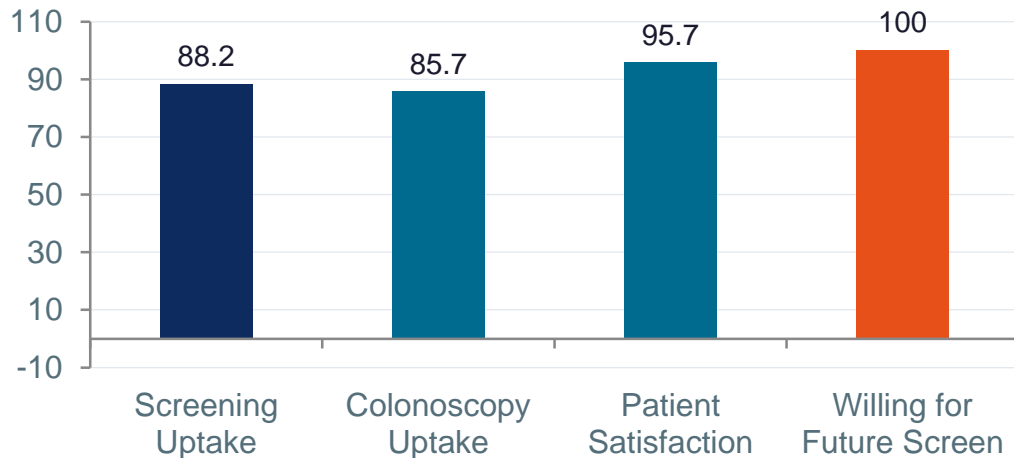
85.7%

Colonoscopy Uptake
of FIT-positive cases

95.7%

Patient Satisfaction
rated 'very good'

Key Outcome Metrics (%)



FINDINGS

- Polyps (clinically significant)
- Hemorrhoids, ileitis

100%

Willing for future screening

Conclusion: Takeaway Messages



FIT-based screening is feasible in Nepal



High participation and acceptance



Effective in detecting early lesions (adenomas)



Awareness is low → need education



Strong teamwork improves program success



Scalable model for LMIC settings

About the Presenter



Dr. Anu Dahal

Dr. Anu Dahal, MD, is an Internal Medicine and Occupational Physician. She serves as an Associate GP Trainer for GWTN and Area Welfare Doctor for GWTN Bagmati. She led Nepal's first pilot FIT-based colorectal cancer screening program.





Thank You

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