

Physicians' compliance to their own Colorectal Cancer Screening: What is the fulfillment of this strategy among them? C.Bolino, S.Canseco, D.Díaz, M.Krayeski, G.Sylvester, M.Pedace, L.Caro, C.Cerisoli. GEDyT, Buenos Aires, Argentina.

Introduction: Colorectal Cancer (CRC) is the second leading cause of death from cancer in western countries. Screening is strongly recommended as early diagnosis improves survival and reduces mortality in 20%.

However, its fulfillment in general population is about 50%. Physicians' compliance to their own screening is low, being Gastroenterologists, surgeons and radiologists the most compliant. Colonoscopy is the chosen method. Considering that Physicians' attitudes about their habits and own health exert strong influence in their patients recommendations, it is necessary to improve education to perform this strategy.

Objectives: 1. Estimate the percentage of physicians that had a screening test done. 2. Estimate the frequency distribution of tests used among professionals.

Method: We conducted an anonymous survey among 269 physicians of 50 years or older from four hospitals and four national and international scientific conventions between March and November, 2008. The survey, validated from Spanish into English, included demography, and nine questions about specialty, family history of CRC, compliance to screening, signs or symptoms at the moment of screening, age and tests used, reasons for having or not done the screening and the results of the test.

Statistical Analysis: SPSS Medcalc 9.1 and VCCstat 2.0. **Results:** 242 data surveys were included (response rate 90%); 83% of the participants were male; average age was 58 +-6 years, and 98% were in current practice. Specialties were grouped as follows: Internal Medicine 72%, Surgical 18% and others 9%. 100 physicians had a test done (41% IC 95% 35-47%). The test most frequently used was colonoscopy in 70% (IC 95% 60-78%) followed by Barium Enema 10% (IC 95% 5-18%). Out of the whole screened physicians, 36% of them had family history of CRC, 63% didn't and 1% was unaware of this fact. A half of screened physicians were between 50 and 55 years. Internal Medicine specialists were the most compliant. Health care providers' recommendation was the main reason reported for screening. 59% of the professionals didn't screen; the reasons for this were personal decision, fear of procedure, and insufficient knowledge of guidelines on screening and lack of time. **Conclusions:** Physicians own compliance to CRC screening is suboptimal. **The barriers mentioned would be a challenge to implement strategies in order to achieve healthy habits and compliance to preventive care programs among physicians.**