Evaluation of a Population-Based HPV Self-Collection Program in a Washington State Health System

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ACT CENTER
Accelerating Care Transformation

BACKGROUND & RESEARCH OBJECTIVE

Self-collection of vaginal samples is an **accurate way to detect high-risk HPV strains** that cause nearly all cervical cancers

→ Kaiser Permanente Washington launched the **first population-based HPV self-collect program** in the U.S. in July 2023

→ Program uses electronic health records (EHR) to identify people eligible for **mailings + opportunistic distribution** by clinicians

→ **Objective:** Evaluate the effectiveness of the HPV self-collect program

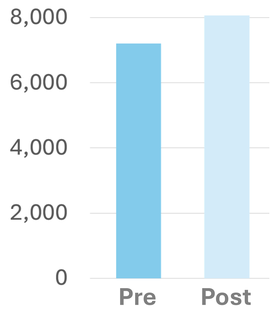
Why offer self-collect options for cervical cancer screening? Our research has shown that allowing patients to collect their own vaginal samples creates **opportunities to expand access** to cervical cancer screening, improves uptake, and helps reach underrepresented populations.*

PRINCIPAL FINDINGS

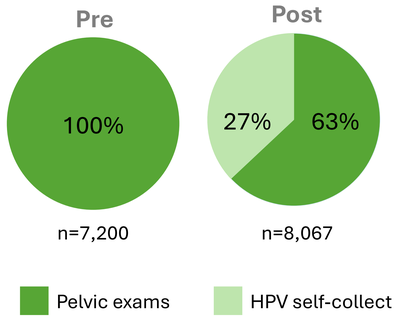
A self-collect HPV program was successfully implemented in an integrated health system — **increasing cervical cancer screening, decreasing pelvic exams, and improving follow-up testing rates**.

Among people due or overdue for screening...

Overall screening increased by more than 2% — from 7,200 pre-program to 8,067 post-program.

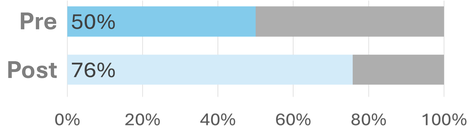


Clinician-collected screenings decreased by nearly 30% — from 7,200 to 5,303.



Among all screening completions...

Completion of follow-up testing for high-risk HPV (16/18) **increased** from 50% of individuals to 76%.



Among people not due or overdue...

92% were screened by pelvic exam, suggesting the self-collect program better targeted patients in need of screening.

*Winer RL, Lin J, Anderson ML, et al. Strategies to increase cervical cancer screening with mailed human papillomavirus self-sampling kits: a randomized clinical trial. JAMA 2023;330:1971-1981

STUDY DESIGN

Evaluation of program implementation using a pre-post design and EHR data. Outcomes include:

- Screening uptake
- Follow-up test completion
- Screening source
- % mailed kits returned and processed within 6 months

We also **analyzed data from all screening completions,** which included patients who were not due or overdue.

Population: Individuals with a cervix who are...

- 30 to 64 years old
- at average risk for cervical cancer, **and**
- due or overdue for screening

Pre-program period July 1 – Dec 31, 2022	**48,511**
Post-program period Oct 1, 2023 – Mar 31, 2024	**47,333**



Tara, you are due for your cervical cancer screening. We mailed you a self-test today.

Read findings from this study in the latest issue of *NEJM Catalyst*. Impact of a Clinic- and Mail-Based Cervical Cancer Human Papillomavirus Self-Collect Screening Program, May 20, 2026.

IMPLICATIONS FOR PRACTICE

HPV self-collect provides an **opportunity to efficiently screen more people for cervical cancer** and potentially increase primary care access through reduction in unnecessary pelvic exams. Our evaluation findings **demonstrate the feasibility** of implementing an HPV self-collect program in an integrated health system in the United States.

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Learn more: act-center.org

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