Breast cancer is the most common cancer and the second leading cause of cancer death among African American women, exceeded only by lung cancer. Early detection using screening mammography leads to a greater range of treatment options, including less aggressive surgeries and therapies. Research suggests that theoretically grounded, community based mammography promotion interventions may be effective in increasing regularity of screening among African American women. The ED is a clinical setting where interventions aimed at disease prevention may be well placed.

### Methods

A three armed pilot of a randomized controlled trial comparing the effects of a brief motivational interview delivered by a lay health worker with those of a culturally grounded, community based mammography promotion interventions was designed to test the efficacy of using LHWs to increase mammography screening among African American women recruited from those waiting in the Emergency Department using Lay Health Workers (LHWs). The study was conducted in the University of Kentucky Hospitals as a part of the University of Kentucky Community Engagement Center, and the study was approved by the University of Kentucky Institutional Review Board.

### Sample Characteristics

A total of 96 women were enrolled in the study. The average age for the combined group of 96 participants was 51.9 (SD = 8.2), with a range from 40 to 83 years. The majority of the sample was never married (79.2%), had at least some post-secondary education (84.1%), and had an annual household income of $40,000 or less (34.4%). A large proportion of the women did not have health insurance (44.8%) and the same percentage did not have a primary health care provider (44.8%).

### Results

In the combined sample at baseline, the average susceptibility score was 11.3 (SD = 2.6), with a range of 5 to 20. There were no group differences on any of the baseline summary scores for susceptibility (F = 0.5, p = .6), barriers (F = 0.4, p = .7) or benefits (F = 1.3, p = .3).

The three groups were identical on their ordering of the four possible benefits of mammography. The top three benefits for each group were ‘Help me find a breast lump early,’ ‘Best way to find a very small breast lump,’ and ‘If lump found early, breast cancer might not be as bad.’

All three groups indicated ‘I am concerned about the possibility of developing breast cancer in the near future’ as their first or second highest item.

### Discussion

This study establishes the feasibility of recruiting rarely or never screened women using the ED as the point of contact. The results of this study demonstrate the power of using LHWs to increase mammography screening in underserved populations.

### Implications

Lay health workers are a valuable asset and may be used in innovative settings such as the ED to increase screening among vulnerable populations.

Intense doses of this intervention may be necessary to detect a significant difference in this traditionally hard to influence population.

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Motivational Interview
Targeted Brochure
Control

- Had a mammogram in last 3 months
- Did not have one during study period