

Fast-Track Programme Guidelines.

1. Lymph node fast track.

Lymph nodes, must meet all criteria:

- Size: > 2 cm.
 - Time course: more than 4 weeks.
 - No attributable local cause.
 - Location: lateral cervical, supraclavicular, axillary, inguinal.
- Complimentary data:
- General symptoms (sweating, weight loss, fever): YES / NO
 - Previous anti-inflammatory and/or antibiotic treatment: YES / NO

Referral:

- Lateral cervical and supraclavicular lymph nodes are referred to the Head and Neck unit.
- Axillary and inguinal lymph nodes are referred to Haematology.

2. Digestive tumours fast track.

Must fulfil at least one of the following:

- Age > 40 years and jaundice with no known cause.
 - Age > 40 years and dark red rectal bleeding with change in bowel habits (softer and more frequent stool during at least 6 weeks).
 - Age > 60 years and dark red rectal bleeding.
 - Age > 60 years and change in bowel habits (softer and more frequent stool during at least 6 weeks).
 - Male, any age, unexplained iron deficiency anaemia and haemoglobin ≤ 12 g/dl.
 - Female, postmenopausal, unexplained iron deficiency anaemia and haemoglobin ≤ 11 g/dl.
 - Female, perimenopausal, iron deficiency and positive FOBT*.
 - Palpable abdominal mass in the lower right quadrant.
 - Palpable rectal mass through rectal examination.
 - Dysphagia plus constitutional symptoms.
 - Ascites, in a non-cirrhotic patient.
- Complimentary data:
- Positive FOBT*: YES / NO

*FOBT: Faecal occult blood test

3. Gynaecologic tumours fast track.

Must fulfil at least one or the following:

- Pathologic cervicovaginal cytology (*):
 - HSIL (CIN II-III).
 - ASC-H.
 - Cervical cancer.
 - HPV+, genotypes 16, 18 and/or 45.
- Postmenopausal uterine bleeding.
- Ascites or abdominal distension, with no attributable cause.
- Palpable abdominal pelvic mass.
- Palpable vulvar, vaginal or cervical mass.
- Ulcerative lesions or leukoplakia on the vulva, vagina and/or cervix.

*HSIL: high-grade intraepithelial lesion. CIN: cervical intraepithelial neoplasia. ASC-H: Atypical Squamous Cells, cannot rule out HSIL. HPV: Human papillomavirus.

4. Breast pathology fast track.

Must fulfil at least one or the following:

- Palpable breast lump: solid consistency, recent appearance, and attached to deep tissue.
 - Nipple or breast skin retraction, recent appearance.
 - Abnormal nipple discharge.
 - Breast *peau d'orange* plus inflammation (redness, heat, swelling, pain) of recent appearance.
 - Skin lesions suggestive of Paget's disease of the breast.
- Complimentary data:
- Previous breast disease: YES / NO.

5. Lung tumours fast track.

Must fulfil at least one or the following:

- Haemoptysis
- Thorax x-ray suggestive of lung cancer: nodule, mass, atelectasis, mediastinal widening. Pulmonary consolidation with slow resolution. Pleural effusion.

6. Urological tumours fast track.

Must fulfil at least one or the following:

- Testicular, kidney or bladder mass; confirmed through ultrasonography.
- PSA* elevation, confirmed in two measurements, separated 4-6 weeks.
 - PSA > 10 ng/ml.
 - PSA > 4 ng/ml and free PSA < 20%.
 - Altered PSA velocity: yearly increase greater than 0.75 ng/ml, in absence of concomitant urinary tract infection.
- Haematuria, if:
 - Macroscopic.
 - Accompanied by urethral syndrome (not explained by inflammatory or infectious disease).
 - Repetition asymptomatic microhaematuria, in a smoker.

*PSA: prostate-specific antigen.

8. Soft tissue and bone tumours fast track.

Must fulfil at least one or the following:

- Palpable, hard mass located in soft tissues, >3-week time course.
- Articular tumour with inflammatory signs, with no response to anti-inflammatory treatment.
- Imaging findings of a suspicious bone lesion.

7. Head and neck tumours fast track.

Must fulfil at least one or the following:

- Oral cavity or lip ulcers, >3-week time course. Erythroleukoplakia and erythroplakia.
- Dysphonia, >6-week time course (chest x-ray required).
- Dysphagia, >3-week time course.

9. Skin disease fast track.

Suspicion of melanoma as based on a score of ≥ 3 in the Glasgow 7-point checklist:

- Major features (2 points):
 - Change in size of lesion.
 - Irregular pigmentation.
 - Irregular border.
- Minor features (1 point):
 - Inflammation.
 - Itch or altered sensation.
 - Larger than other lesions (diameter $>7\text{mm}$).
 - Oozing/crusting of lesion.

10. Other signs and symptoms of cancer

- Constitutional symptoms: asthenia, anorexia and weight loss.
- Abnormal findings on diagnostic imaging.
- Other signs or symptoms, highly suggestive of cancer.