

MAST® FIT aid

Empowering independence for FIT sample collection

- Reduces inequalities in healthcare
- Overcomes visual and physical challenges
- Increases compliance in under-served populations
- Assists sample collection with dignity



Evaluated by
NHS England
and featured in
The Guardian

MAST® FIT aid

The Faecal Immunochemical Test (FIT) is used to guide the management of patients with lower GI symptoms who present in primary care, or as a triage test in secondary care. Faecal immunochemical testing (FIT) has a high sensitivity for the detection of colorectal cancer (CRC). In a symptomatic population FIT may identify those patients who require colorectal investigation with the highest priority¹.

The **MAST® FIT aid** was developed to overcome the unique challenges faced by patients with visual impairments, physical disabilities, or limited dexterity. This innovation underscores a significant stride toward reducing healthcare disparities, ensuring every patient, regardless of ability, can participate in FIT testing confidently and independently.

The **MAST® FIT aid** not only facilitates a simple and efficient FIT testing, but also reinforces the values of inclusivity in healthcare. Mast is dedicated to reducing inequalities and driving innovation, building on the success of the FIT aid.

How to use the FIT aid

Secure bottle stand

The hole on the side of the FIT aid is designed to hold the bottle in an upright position. This feature facilitates the insertion of the sample stick back into the bottle and offers a stable surface for securely closing the bottle. Additionally, it enables convenient one-handed opening and closing of the bottle.



Reliable central channel

Alternatively, to close the FIT bottle, the channel located in the middle of the FIT aid can be utilised.

The slide mechanism ensures that the sampling stick can be effortlessly re-inserted into the bottle. This feature caters to both left and right-handed users, making it universally accessible and easy to use.

Once the lid and bottle are pushed together, an audible 'click' indicates secure closure.

Once closed, the FIT bottle should feel smooth and seamless, with no gaps, for reassurance that the bottle is tightly closed.

MAST[®] FIT aid Features and Benefits

Secure bottle stand

- Clearly indicated with contrasting text, the stand enables the user to hold the bottle securely whilst re-inserting the sample collection stick
- Provides a firm surface to close the bottle, and assists with one handed opening/closing of the bottle

Functional tactile elements

- A raised marker in the top left hand corner to assist with orienting and navigating around the FIT aid
- Location of QR code guided by a raised outline to indicate where to scan to access the accompanying bespoke online resources

Central channel

- Used to reliably slide the stick into the bottle after sampling and suitable for left or right handed use
- Provides a space to rest the innovative OC-Sensor bottle, which can be laid down flat without the liquid inside spilling

Accessible instructions

- Specifically designed printed instruction sheet accompanying the FIT aid with large easy read text and high contrast images
- The dedicated website, accessed through the QR code, directs patients to online resources including screen scrollable instructions, video, audio and a transcript with screen reader compatibility

RNIB approved Braille

- The FIT aid displays uncontracted Braille guided by the RNIB that reads 'FIT aid' and 'Scan QR code for instructions'

Product information

Product code	Pack size	Description
FITAID-NHS01	25 devices	FIT Accessibility Aid - NHS



As featured in **The Guardian**²



This tool will enable more people with accessibility issues to complete their FIT kits and ensure we continue to diagnose cancers earlier when it is easier to treat them – potentially saving thousands of lives.

Our partnership with the Royal National Institute of Blind People, Thomas Pocklington Trust, and Mast has been instrumental in developing this tool and is a good example of how the health service is committed to tackling health inequalities for the benefit of all patients.

Steve Russell, National Director for Vaccinations and Screening at NHS England



Undergoing health screening can be a stressful time for anyone, but particularly when you have sight loss and face the added anxiety of not knowing if the test will be fully accessible or not.

Blind and partially sighted people have the right to manage their health with the same level of independence, privacy and dignity as sighted people. The FIT tool will address one of these barriers. We look forward to working closely with NHS England to ensure all bowel screening information is provided consistently in required formats, such as braille, large print and audio.

Khadija Raza, Policy Officer at the Royal National Institute of Blind People.



Mast Group Ltd. is proud to have designed and manufactured the FIT aid, a pioneering device to make FIT testing more accessible and reduce inequalities. We are grateful for the contributions from the Royal National Institute of Blind People, Thomas Pocklington Trust and the NHS England Bowel Screening Programme who have been invaluable to the development of the FIT aid and its continued evolution.

Emily George, Product Specialist (FIT) at Mast Group Ltd.



IVD solutions through partnership

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References

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2. Thomas, T. (2024) Adapted NHS bowel cancer test developed for blind and partly sighted people, The Guardian. Available at: <https://www.theguardian.com/society/article/2024/may/10/adapted-nhs-bowel-cancer-test-developed-for-blind-and-partly-sighted-people>.

