

## QUARTER 3 STQN NEWSLETTER

# Appropriateness of MRI Lumbar & CT Abdomen Diagnostic Exams



## The Why?

- Ensures that all patients receive the most appropriate imaging exams.
- Helps to minimize unnecessary radiation exposure, throughput issues, and costs.
- CMS and Commercial plans are monitoring each test and supporting documentation for MRI Lumbar Spine for Low Back Pain and CT Abdomen with & without Contrast.
- STHS journey to High Reliability.



## Dates to Remember

**CME- Hormonal Replacement Therapy**  
Sept. 21 | 5:30 p.m.

**4th Quarter STQN Performance Management Committee**  
Oct. 11 | 7:00 a.m.

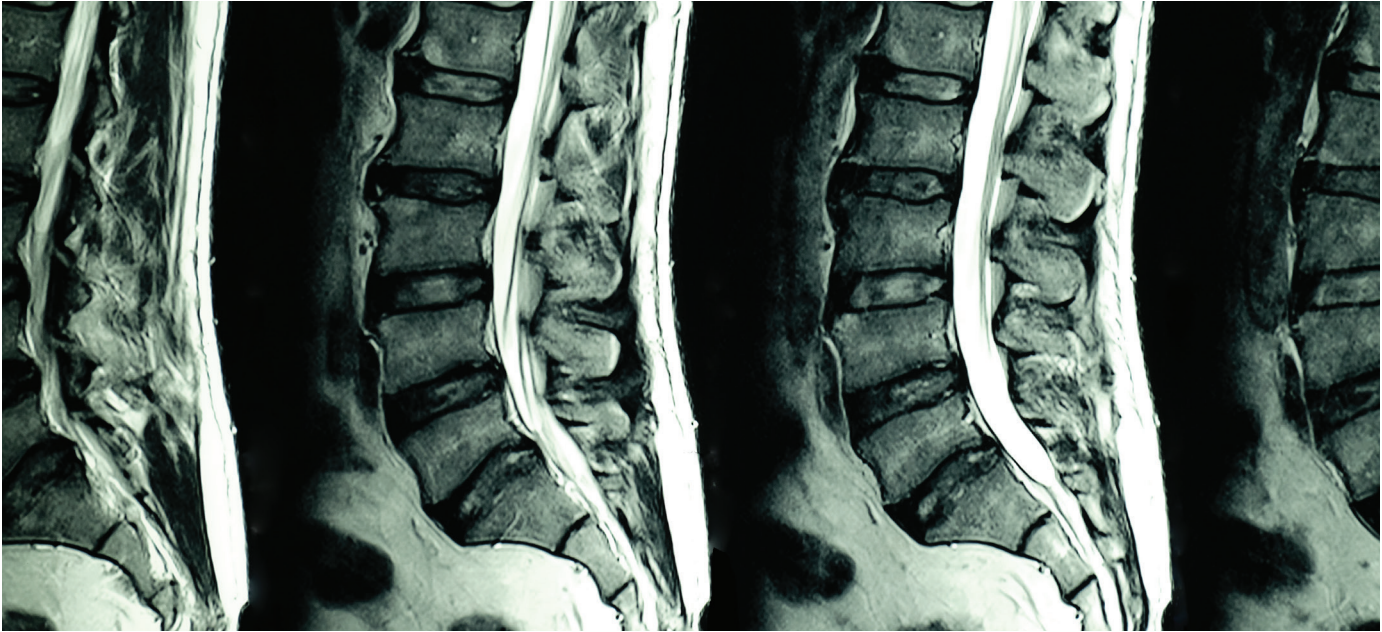
**CME – Management of Outpatient Diabetes**  
Nov. 2 | 5:30 p.m.

**Fall Medical Staff Meeting**  
Nov. 3 | 5:30 p.m.

**4th Quarter STQN Finance and Operations Meeting**  
Nov. 15 | 5:30 p.m.

**4th Quarter STQN Board Meeting**  
Dec. 13 | 5:30 p.m.

**CME- Massive Transfusion Protocol**  
Dec. 15 at 5:30 p.m.



## MRI Lumbar Spine for low back pain is appropriate if Patient has had:

- Physical therapy in the 60 days preceding the MRI Lumbar Spine
- Chiropractic evaluation and manipulative treatment in the 60 days preceding the MRI Lumbar Spine
- Evaluation and Management visit in the 60 days preceding the MRI Lumbar Spine
- Or has a history of one of the following red flag conditions:
  - » Congenital spine and spinal cord malformation
  - » Human immunodeficiency virus
  - » Inflammatory and autoimmune disorders
  - » Lumbar spine surgery
  - » Neoplastic abnormalities
  - » Neurologic impairment
  - » Postoperative fluid collections and soft tissue changes
  - » Spinal abnormalities associated with scoliosis
  - » Spinal vascular malformations and/or the cause of occult subarachnoid
  - » Hemorrhage
  - » Syringohydromyelia
  - » Trauma
  - » Cancer
  - » Infectious conditions
  - » Intraspinal abscess
  - » IV drug abuse
  - » Spinal cord infarction
  - » Treatment fields for radiation therapy
  - » Unspecified immune deficiencies

[Click here for MRI Tipsheet](#)



## CT Abdomen with & without Contrast Appropriateness

- Most patients require a CT abdomen or abdomen and pelvis without only or with only IV contrast (rarely with both).
- CT abdomen without and with IV contrast is indicated for: adrenal lesion (protocol), renal mass (protocol), pancreatic mass (protocol), liver lesion (triple phase study).
- CT abdomen and pelvis with IV and PO (routine ABD imaging protocol) is indicated for acute appendicitis, generalized abdominal pain, etc.
- CT abdomen and pelvis without PO or IV is indicated for renal stone protocol.

[Click here for CT Tipsheet](#)

## 2022 2<sup>nd</sup> Quarter Medical Director's Award

### MEDICAL DIRECTOR'S QUALITY AWARD

IS AWARDED TO

**Dr. McCall McDaniel**

Guidance in achieving Certified Autism Center certifications for targeted programs at STHS. This is in addition to all she has done to develop a first-class pediatric spine program at STHS.

