

Subject: IUH Imaging Consult - Choosing Wisely

Dear [REDACTED]

IU Health Physicians and IU Health Plans are collaborating on a population health program for our patients. The imaging component of the program has several interventions. One such intervention is building awareness of the Choosing Wisely guidelines. As one of the top referrers for radiology services, we wanted to make sure that you're aware of the Choosing Wisely guidelines for the exams that you order frequently.

In 2012, you ordered 79 tests on the Choosing Wisely list.

Thanks for taking the time to review the recommendations below. You might also review all of the imaging-related guidelines in the .pdf attached to this e-mail. Please feel free to contact me if you have questions.

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### Brain MRI is NOT needed in the following scenarios:

- For investigating uncomplicated headache - *American College of Radiology*
- In children with simple febrile seizure - *American Academy of Pediatrics*
- In patients with suspected or biopsy proven Stage I NSCLC, prior to definitive care and in the absence of neurologic symptoms - *The Society of Thoracic Surgeons*

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### Head CT is NOT needed in the following clinical scenarios:

- Simple syncope with a normal neurological exam - *American College of Physicians*
- Minor head injuries in children - *American Academy of Pediatrics*
- Simple febrile seizures in children - *American Academy of Pediatrics*
- Uncomplicated headache - *American College of Radiology*

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### Pelvic ultrasound is NOT needed in the following scenarios:

- Don't screen for ovarian cancer in asymptomatic women at average risk - *The American College of Obstetricians and Gynecologists*
- Don't recommend follow-up imaging for clinically inconsequential adnexal cysts (e.g. a classic corpus luteum or simple cyst <5 cm in greatest diameter. Use 1 cm as a threshold for simple cysts in postmenopausal women) - *American College of Radiology*

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### Sinus CT is NOT needed in the following scenarios:

- For uncomplicated acute rhinosinusitis - *American Academy of Allergy, Asthma & Immunology, American Academy of Otolaryngology*