

BEST PRACTICE RECOMMENDATIONS

INCIDENTAL THYROID NODULES

Incidental thyroid nodules (ITNs) are common (occurring in up to 25% of studies that include the neck) and literature documents high variability in the approach to managing ITNs in both private practice and academic settings. To enhance patient care, provide high clinical value and reduce unnecessary utilization of limited healthcare resources, RP developed Best Practice Recommendations (BPRs) for ITNs identified on CT, MR, NM and extra-thyroidal US studies. RP's BPRs are based on Duke's 3-Tiered system and the ACR white paper on managing ITNs (2015).

RP developed and launched BPRs for ITNs RP-wide for its first clinical initiative in early 2015. As a leader in creating and demonstrating excellent clinical quality, RP conducted an intensive pre- and post-implementation evaluation of random CT chest/neck/C-spine studies across 7 of our sites to assess compliance to the ITN BPRs. After BPRs implementation, there was tremendous improvement in adherence to ITN BPRs, from reporting to management. In addition, there was a significant reduction in recommendations for unnecessary follow-up ultrasound. RP is committed to maintaining high compliance with our ITN BPRs, which should lead to improved quality of care via early detection of malignancies as well as a reduction in unnecessary ultrasounds, biopsies and surgical interventions.

References

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In accordance with RP's mission to provide high clinical quality to our patients, referring physicians, and clients, RP has developed numerous Best Practice Recommendations (BPRs). RP's BPRs are developed through extensive literature review and in collaboration with our radiologists across multiple specialties. RP is committed to excellence and accountability and therefore consistently monitors BPRs adherence and provides feedback to our practices.

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