

BEST PRACTICE RECOMMENDATIONS

OVARIAN CYSTS

Ovarian cysts are common, both in premenopausal and postmenopausal women, but there is wide variability in their management. With CT imaging becoming customary, incidental ovarian cysts are detected more frequently and in greater numbers than anticipated in postmenopausal women. The majority of ovarian cysts do not require follow-up, yet published research shows follow-up is inappropriately recommended in more than half of these cases. This results in over utilization of healthcare resources and increased patient anxiety.

Radiology Partners (RP) developed and implemented Best Practices Recommendations (BPRs) for the management of Ovarian Cysts on US, CT and MR to enhance patient care, provide high clinical value and reduce unnecessary follow-up. The BPRs are based on the Society of Radiologists in Ultrasound consensus statement for the Management of Asymptomatic Ovarian and other Adnexal cysts (2010) and the ACR white paper on managing Incidental Adnexal Findings on Abdominal and Pelvis CT and MR (2013). The creation of the BPRs and ability to monitor adherence to them positions RP as a leader in reducing variability and becoming better stewards of limited healthcare resources.

References

SRU Adnexal Cyst Guidelines
ACR White Paper - Adnexal Lesions 2014
JACR Adnexal Lesions 2014
Univ KY - Risk of CA in Unilocular Ovarian Cysts
Prevalence, Incidence and Natural History of Simple Ovarian Cysts in 55yo+ - 2010



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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