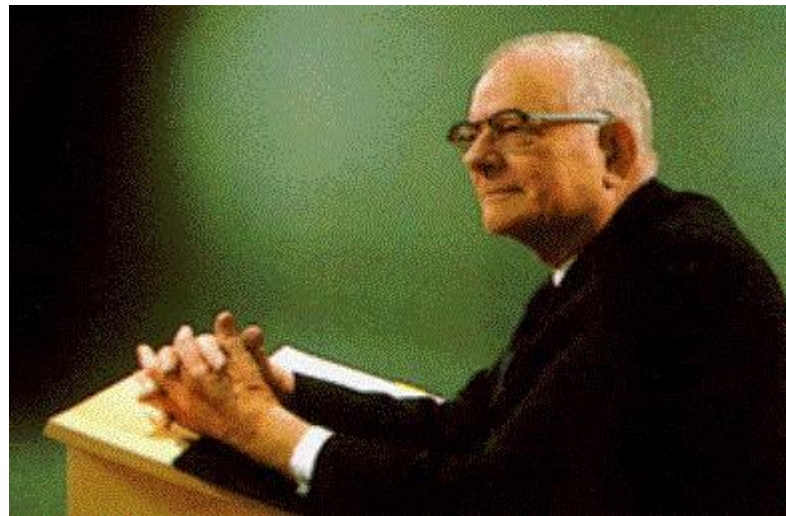


“Uncontrolled variation is the enemy of quality”

Dr W. Edwards Deming



Low Back Pain



Worsening Trends in the Management and Treatment of Back Pain

John N. Mafi, MD¹; Ellen P. McCarthy, PhD, MPH¹; Roger
JAMA Intern Med. 2013;173(17):1573-1581

From 1999-2010 advanced imaging for non neurologic LBP increased by 57%

Conclusions and Relevance Despite numerous published clinical guidelines, **management of back pain has relied increasingly on guideline discordant care.** Improvements in the management of spine-related disease represent an area of potential cost savings for the health care system with the potential for improving the quality of care.



Pap Smears



Doctors in U.S. Overuse Pap Smears

Release Date: March 20, 2012 | By Milly Dawson, Contributing Writer
Research Source: The Milbank Quarterly

KEY POINTS

In the U.S., women received **three to four times the number of Pap smears** over a period of three decades as women in the Netherlands, **yet the two countries' cervical cancer mortality rates were similar.**



Colon Cancer Screening



Overuse of Screening Colonoscopy in the Medicare Population

James S. Goodwin, MD; Amanpal Singh, MD, MS;
Arch Intern Med. 2011;171(15):1335-1343

38% exceeded recommended frequency

Conclusions A large proportion of Medicare patients who undergo screening colonoscopy do so **more frequently than recommended**. Current Medicare regulations intending to limit reimbursement for screening colonoscopy to every 10 years would not appear to be effective.



Knee Arthroscopy for OA



A Controlled Trial of Arthroscopic Surgery for Osteoarthritis of the Knee

J. Bruce Moseley, M.D., Kimberly O'Malley, Ph.D.
N Engl J Med 2002; 347:81-88 [July 11, 2002](#)

Conclusions

In this controlled trial involving patients with osteoarthritis of the knee, the outcomes after arthroscopic lavage or **arthroscopic débridement** **were no better than those after a placebo** procedure



A Randomized Trial of Arthroscopic Surgery for Osteoarthritis of the Knee

Alexandra Kirkley, M.D., Trevor B. Birmingham, Ph.D.
N Engl J Med 2008; 359:1097-1107, September 11, 2008

Conclusions

Arthroscopic surgery for osteoarthritis of the knee provides **no additional benefit to optimized physical and medical therapy**



Arthroscopic Partial Meniscectomy versus Sham Surgery for a Degenerative Meniscal Tear

Raine Sihvonen, M.D., Mika Paavola, M.D., for the Finnish Degenerative Meniscal Lesion Study (FIDELITY) Group
N Engl J Med 2013; 369:2515-2524 [December 26, 2013](#)

Conclusions

In this trial involving patients without knee osteoarthritis but with symptoms of a degenerative medial meniscus tear, the **outcomes after arthroscopic partial meniscectomy were no better than those after a sham surgical procedure.**



Knee arthroscopy is performed on about 700,000 people in the US every year for OA and/or meniscus injury, at about \$5,700 per procedure, for a total cost of 4 billion dollars



CT Scans in the Emergency Department



Adherence to PIOPED II Investigators' Recommendations for CT Pulmonary Angiography

Presented at: the American Thoracic Society meeting,
May 16, 2011, Denver, Colorado.

55% ordered without meeting criteria

Conclusions

Nonadherence to recommendations for CT pulmonary angiography is common and exposes patients to increased risks, including potential false-positive diagnoses of pulmonary embolism.



Pre Operative Stress Testing



Overuse of preoperative cardiac stress testing in Medicare patients undergoing elective non cardiac surgery

[Sheffield KM](#)¹, [McAdams PS](#)
[Ann Surg.](#) 2013 Jan;257(1):73-80

BACKGROUND:

The American College of Cardiology/American Heart Association guidelines indicate that patients without class I (American Heart Association high risk) or class II cardiac conditions (clinical risk factors) should not undergo cardiac stress testing before elective noncardiac, nonvascular surgery.

CONCLUSIONS:

In a 5% sample of Medicare claims data, 2803 patients underwent preoperative stress testing without any indications. When these results were applied to the entire Medicare population, we estimated that there are over **56,000 patients who underwent unnecessary preoperative stress testing**. The rate of testing in patients without cardiac indications has increased significantly over time.



Dallas, we have
a problem!



1. Educate..... Don't Appease



2. Treat the illness.... Not the Setting



3. Choose Wisely

Frequently ordered
Often unnecessary
Potentially Harmful



4. Pick a Guideline (any guideline)

Follow it, monitor it, and
reward adherence



5. Use Embedded Decision Support Tools in your EMR

Alerts

Imaging Selection Software

Order Sets



“Do the right thing.
It will gratify some
people and astonish
the rest.”

Mark Twain



AUTONOMY

