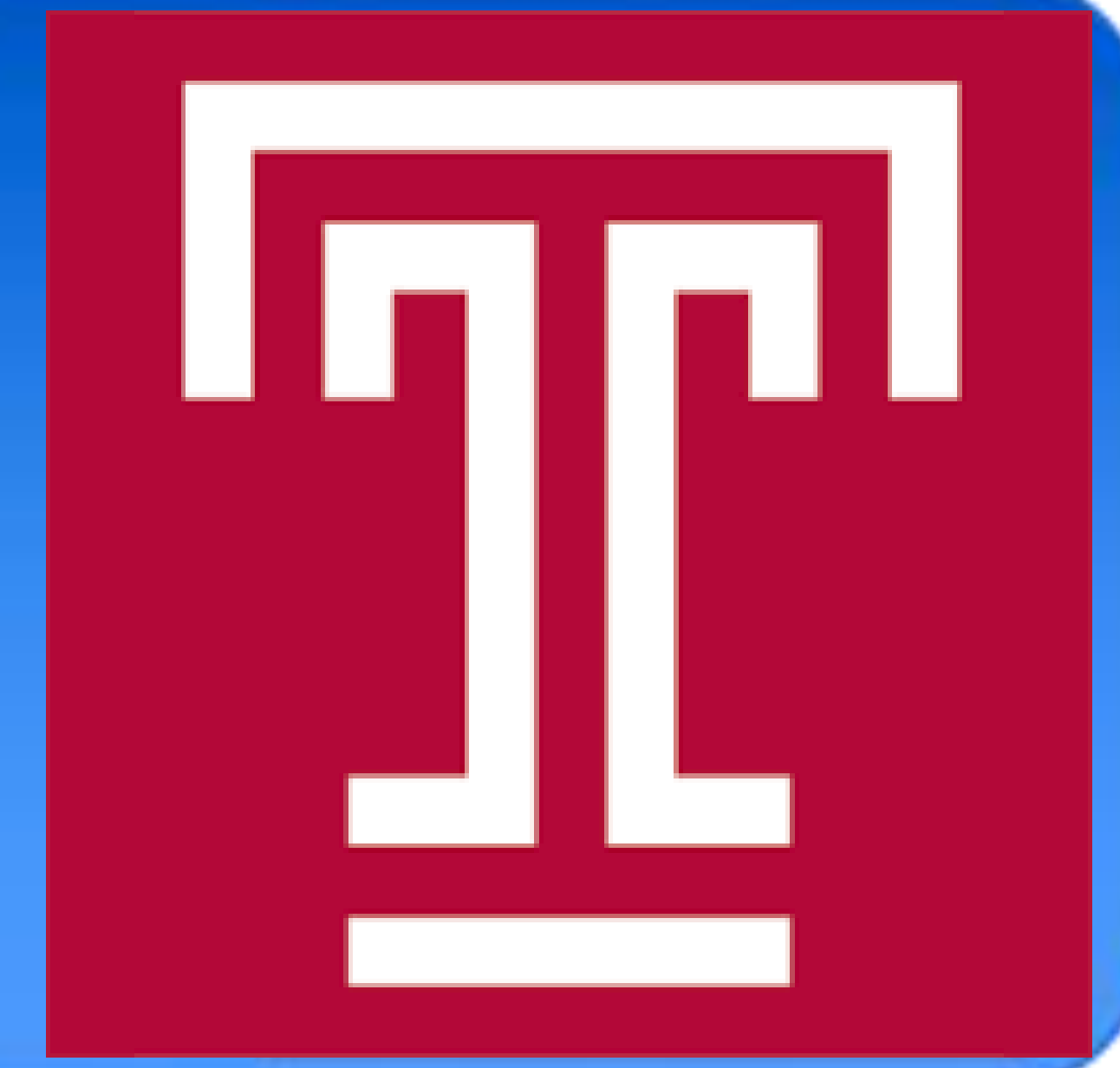


# “Go the Extra Mile”: The Importance of Pre-Testing Patients for Nuclear Medicine Procedures to Prevent Incomplete Studies

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## PURPOSE

Explore and understand the importance of pre-testing patients before their nuclear medicine procedure/study by determining whether the patient can follow instructions of the outlined procedure.

Prevent un-necessary administration of radioactive nuclear material in patients and the need to repeat studies.

## BACKGROUND

Performing cost-effective medicine helps to reduce the financial burden on both patients and the entire healthcare system as a whole.

Unnecessary radioactive exposure can be reduced by eliminating non-diagnostic studies.

## METHOD

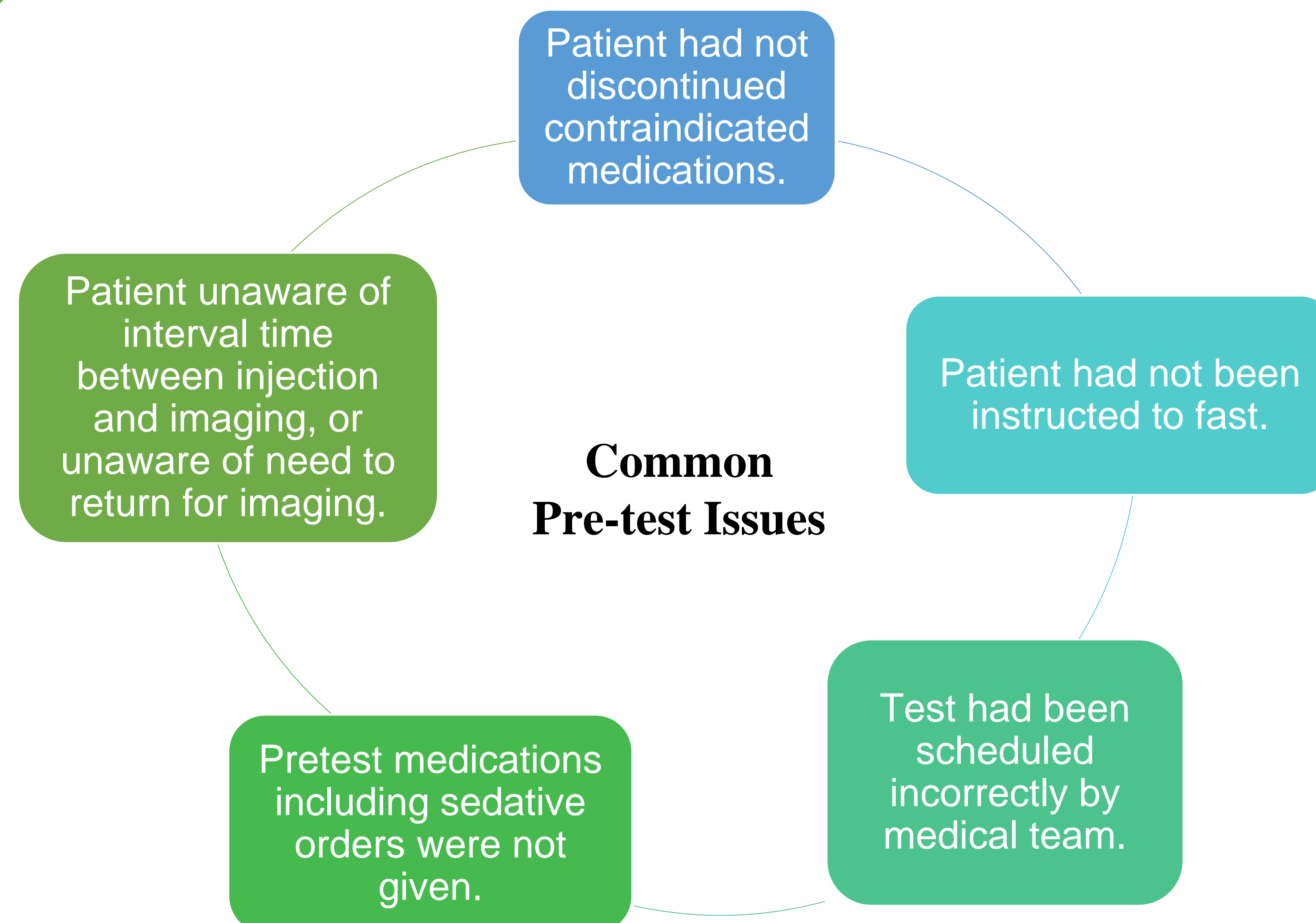
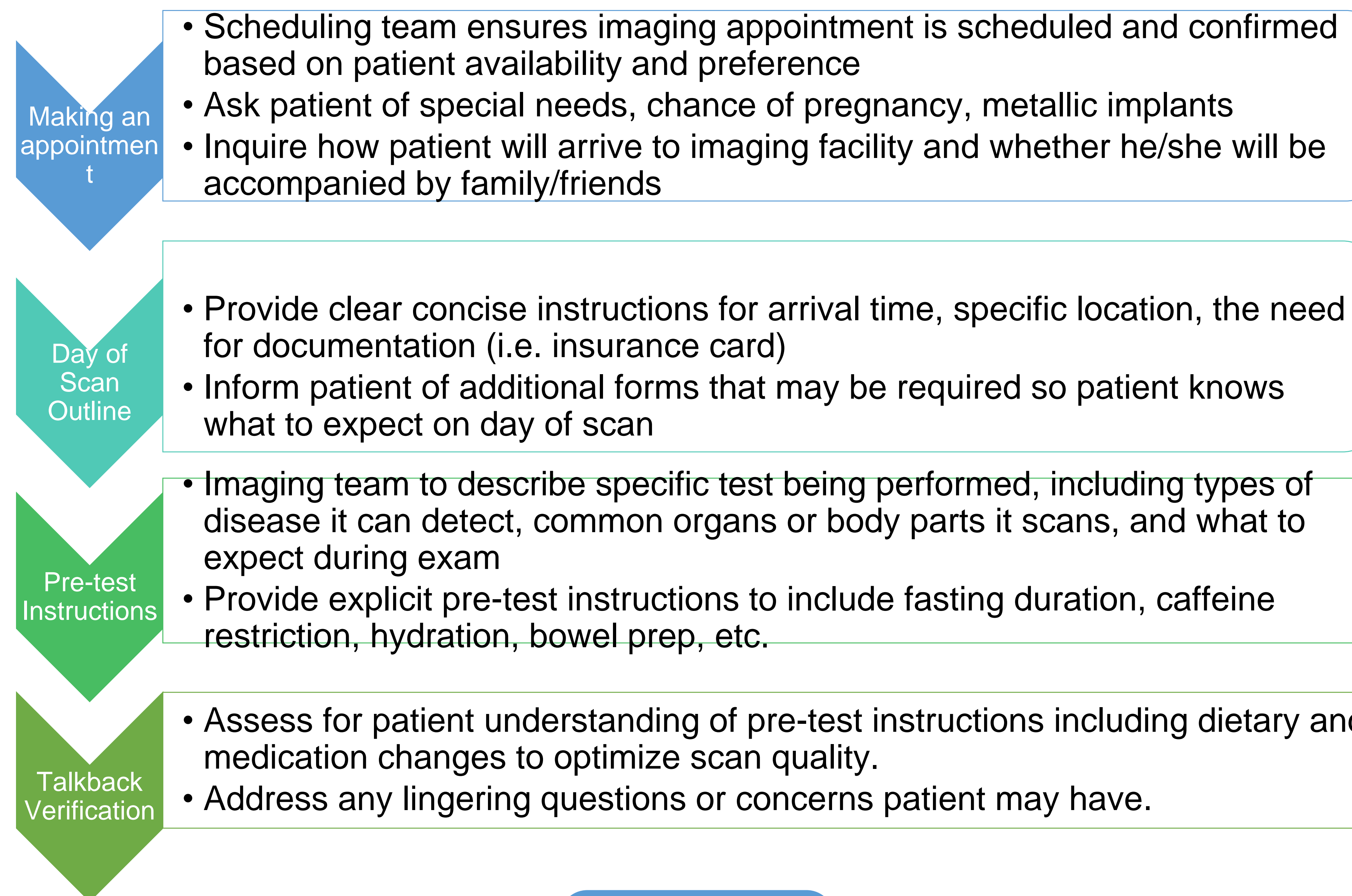
Assessing patient understanding prior to radiological studies that require radioactive agents is paramount.

Quality of nuclear medicine studies is highly dependent on effective communication and requires the patient and healthcare provider arrive to a mutual understanding. The use of a pretest checklist to educate and ascertain understanding is an effective method to detect problems, improve image quality, and establish rapport.

We discuss the role of adhering to a pretest checklist and talkback verification.

## Results

### Preparation for Patient Imaging Test



One major source of unnecessary exposure in nuclear medicine occurs when patients have incomplete studies for a variety of reasons – resulting in unnecessary radioactive exposure.

There are a variety of studies where patient cooperation is important and pretesting the patient prior to the exam is essential. Such studies include gastric emptying, perfusion ventilation lung scans, pediatric scans, and claustrophobic patients.

Pretesting compliance ahead of time helps prevent future issues in not completing studies and preventing radioactive exposure. We discuss specific methods of pretesting patients for the various studies performed in nuclear medicine.

## CONCLUSION

Pre-test patients for nuclear medicine scans can help avoid unnecessary tests, prevent non-diagnostic exams, and prevent needless radiation exposure.

Utilizing a pre-test checklist to inform, educate, and involve patients as healthcare partners will increase the likelihood of diagnostic exams.

## REFERENCES

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