

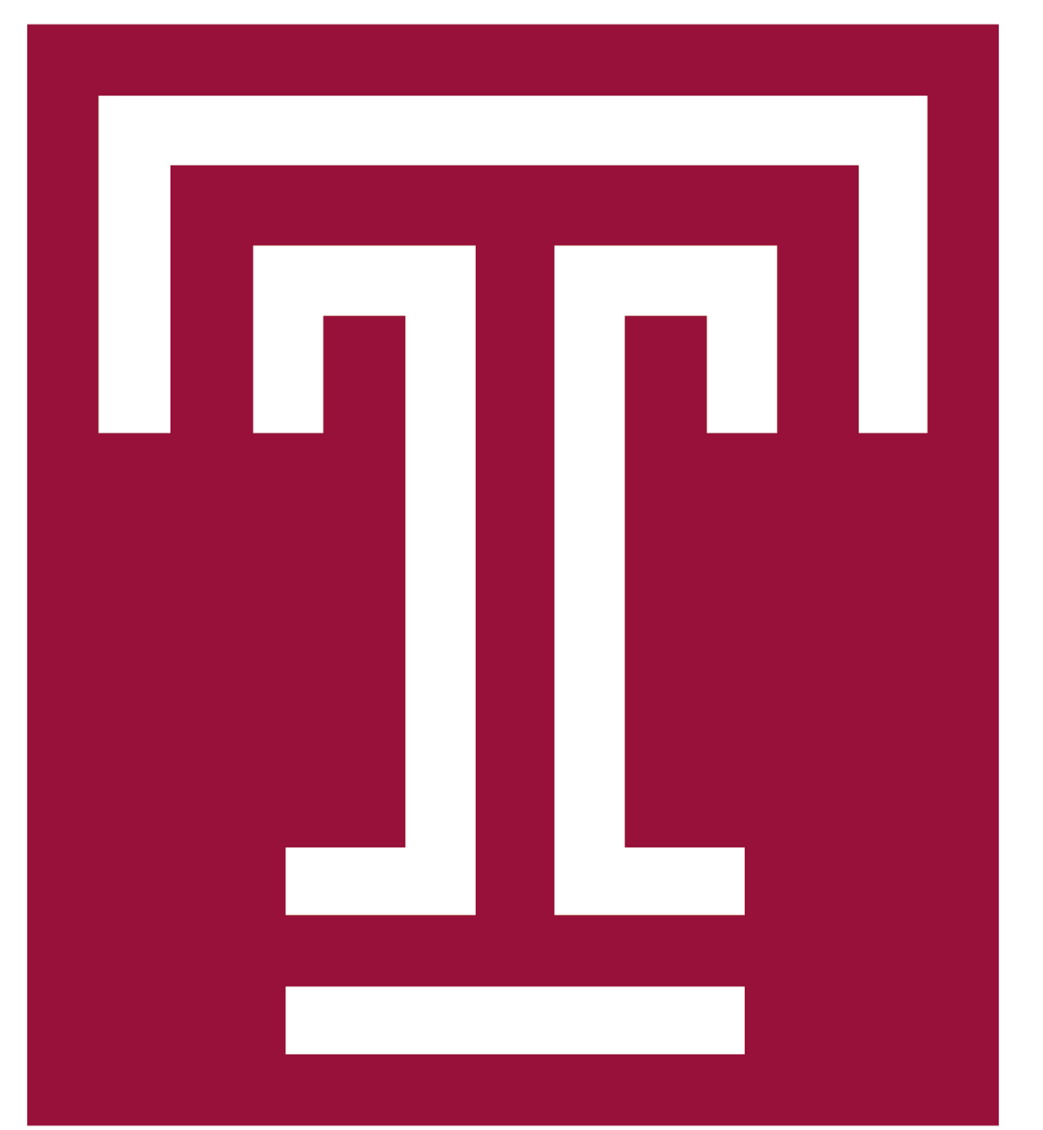


WESTCHESTER
MEDICAL CENTER

“Toe the Line”: Methods of Improving Patient Compliance in Preparation for Radiologic Studies

Brian Tung MD¹, Daniel Edelman MD¹, Mirza Baig MD¹, Maddineni, Shekher MD¹, Jared Meshekow MD MPH², Perry Gerard MD MBA FACR¹

Westchester Medical Center¹, Temple University Hospital²



PURPOSE

To outline the challenges that patients face in preparation for imaging studies and methods to improve their compliance to produce quality scans for diagnostic interpretation.

BACKGROUND

With a variety of imaging scans requiring patient preparation for imaging scans, patient compliance in preparation is an anticipated challenge.

Studies have shown that patient compliance is highly dependent on minimizing barriers to compliance such as logistical issues including transportation and inability to take time off to keep medical appointments.

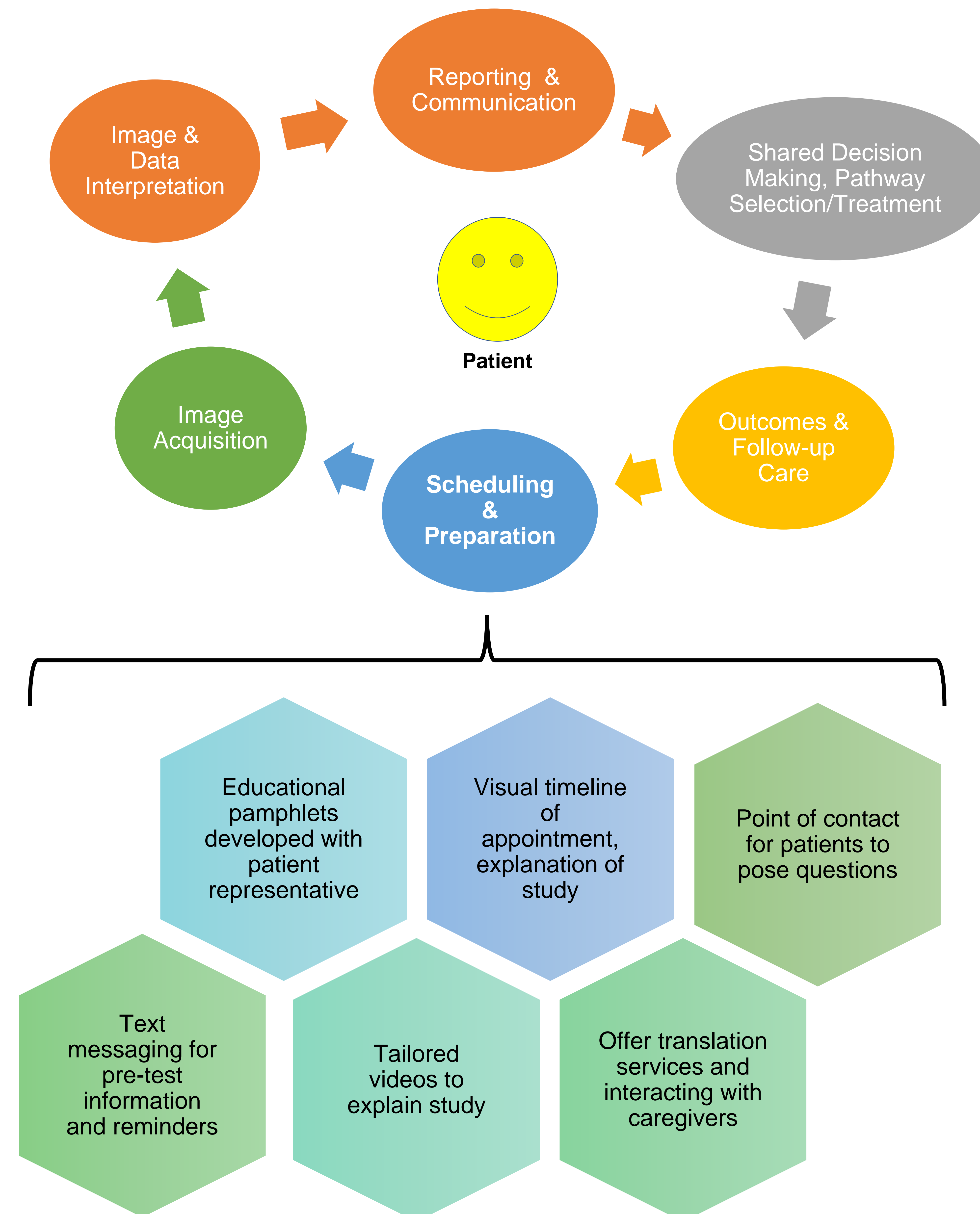
Factors that dramatically influence compliance include patient’s knowledge, compliance history, and confidence to follow the preparatory steps. Interactions with a patient caregiver may also have important implications in patient compliance.

METHOD

Providing study information will improve patient experience and help the radiologist acquire diagnostic studies.

We discuss a myriad of strategies that will aid patients in adhering to study preparation. Health literacy is paramount in catering to diverse population and the use of technology helps bridge the gap to optimize patient experience and radiology interpretation.

Results



Although information should ideally be in a form of media, the key is to use plain language that is understandable to those without medical knowledge.

Health literacy is vital for diverse population including those with disability. Pamphlets should be developed with a patient representative to ensure clarity.

Timeline of the appointment, visual explanation, and diagrams may overcome barriers to language and reading. Further, point of contact should be provided so patients can pose questions prior to imaging, which streamlines informed consent.

Technology, including text messaging for appointments can improve patient compliance. Professional societies have developed videos that reinforce the intricacies of scans and procedures.

CONCLUSION

Patient compliance in preparation for radiologic studies is increasingly challenging. However, methods like educational media can bridge the gap to optimize patient experience and radiology interpretation.

REFERENCES

1. Miller, N. H., Hill, M., Kottke, T., & Ockene, I. S. (1997). The Multilevel Compliance Challenge: Recommendations for a call to action. *Circulation*, 95(4), 1085–1090. <https://doi.org/10.1161/01.cir.95.4.1085>
2. Rockall, A. G., Justich, C., Helbich, T., & Vilgrain, V. (2022). Patient communication in radiology: Moving up the agenda. *European Journal of Radiology*, 155, 110464. <https://doi.org/10.1016/j.ejrad.2022.110464>