

EU JUST CT

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How to improve justification in hospitals and private practices

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EUROPE



<p>European Forum for Primary Care</p> <p>http://www.euprimarycare.org/</p>	<p>European Union of General Practitioners</p> <p>http://www.uemo.eu</p>	<p>WHO Europe</p> <p>http://www.euro.who.int/en/home</p>
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NETWORKS

SPECIAL INTEREST GROUPS

<p>European Academy of Teachers in General Practice and Family Medicine</p> <p>http://www.euract.eu/</p>	<p>European Association for Quality in General Practice / Family Medicine</p> <p>http://equip.woncaeurope.org</p>	<p>European General Practice Research Network</p> <p>http://www.egpm.org</p>
<p>European Network For Prevention And Health Promotion</p> <p>http://europrev.woncaeurope.org/</p>	<p>European Rural and Isolated Practitioners Association</p> <p>http://www.euripa.org/</p>	<p>Vasco da Gama Movement</p> <p>http://www.vdgm.eu/</p>

<p>European Primary Care Cardiovascular Society</p> <p>http://www.epccs.eu</p>	<p>European Society for Primary Care Gastroenterology</p> <p>http://espcg.eu</p>	<p>General Practice Respiratory Infections Network</p> <p>https://www.uantwerpen.be/nl/onderzoeksgroep/centrum-voor-huistsartseneeskunde/na...</p>
<p>International Primary Care Respiratory Group</p> <p>http://www.thelpcrg.org/display/ournetwork/IPCRG+and+WONCA</p>	<p>PCAIG</p> <p>http://www.eaaci.org/organisation/eaaci-interest-groups/ig-on-primary-care/about...</p>	<p>Primary Care Diabetes Group</p> <p>http://www.pcdeurope.org/</p>



Proper justification of CT and MRI

- Ensure optimal patient care
- Minimize unnecessary radiation exposure
- Effectively utilize healthcare resources



POSITION PAPER ON OVERDIAGNOSIS AND ACTION TO BE TAKEN


BY WONCA EUROPE
THE WORLD ORGANIZATION OF FAMILY DOCTORS IN THE EUROPEAN REGION

Modern medicine has brought impressive benefits to humankind. A side-effect of its many successes is however an unfounded, cultural belief that more medicine is necessarily better, irrespective of context. Consequently, problems related to "too much medicine", overdiagnosis and overtreatment are on the rise. Ever more methods of surveillance, investigation and treatment become available, and health anxiety has become widespread. Unwarranted medical activity leads to unnecessary waste of resources, more inequalities in healthcare and, at worst, direct harm to patients and healthy citizens.

In order to avert the further escalation of overdiagnosis there is a need to reassess and disseminate new evidence on timely and appropriate diagnostic processes along with the communication skills needed to inform patients and their families about the relevant significance of their diagnoses.

Most general practitioners/family physicians (GPs/FPs) work in the clinical setting, which represents the patient's first contact with the healthcare system, providing easy access and help with the whole range of health problems, regardless of age, sex and other personal characteristics. Furthermore, many GPs/FPs also carry administrative, academic and teaching responsibilities/opportunities. They may be involved in teams locally, regionally, nationally, and sometimes globally. In total, European GPs/FPs have many opportunities to influence the evolution of healthcare. This introduces a professional responsibility for GPs/FPs to observe and analyse the development, and take action.

WONCA Europe wants to strengthen the ability of GPs/FPs to exercise sound professional judgment in their clinical practice, informed by best evidence ([The European Definition of General Practice / Family Medicine 2011](#)). In that context, WONCA now puts the problem of overdiagnosis on the agenda, hoping to reach all influential stakeholders, including health professionals, health authorities, the mass media, and the general population.



PREVENT OVERDIAGNOSIS IN HEALTH CARE AND OVERMEDICALISATION OF SOCIETY

STATEMENT ON AGENDA ITEM 5 (C): ADVANCING PUBLIC HEALTH IN THE WHO EUROPEAN REGION FOR SUSTAINABLE DEVELOPMENT

The organizations supporting this statement welcome the document EUR/RC68/17 on *advancing public health for sustainable development in the WHO European Region*. In particular, we wish to acknowledge the focus on non-communicable diseases, the promotion of a culture on health and well-being, the employment of cost-effective preventive interventions, and the call for support of institutional capacities for the generation of evidence. We also welcome the call for better governance for managing commercial interests.

We would like to draw your attention to **overdiagnosis** as an important **public health matter**, which turns people into patients unnecessarily.

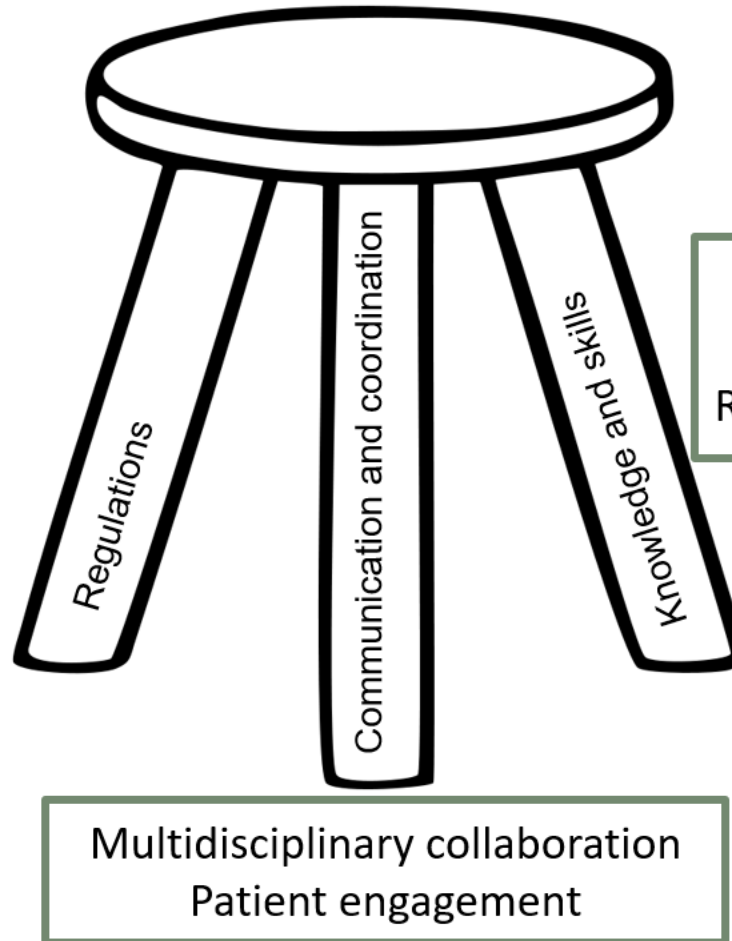
Overuse and over-diagnosis of CT exams and MRI

- unnecessary radiation exposure
- increased healthcare costs
- potential harm to patients

Minimizing inappropriate and unnecessary CT and MRI exams is essential to enhance patient care, conserve resources, and reduce radiation exposure.

Strategies to Reduce Inappropriate CT and MRI Exams

Evidence-based guidelines
Research
Referral criteria development
Harmonization of guidelines
Institutional policies
Local adaptation
Awareness and training
Clinical decision support
Audit and Feedback
Quality Improvement



Education and Training
CME
Radiation safety awareness