

EU JUST CT 

Individual justification of CT practices
across Europe
Finland
Ritva Bly, STUK

Methods for enhancing justification

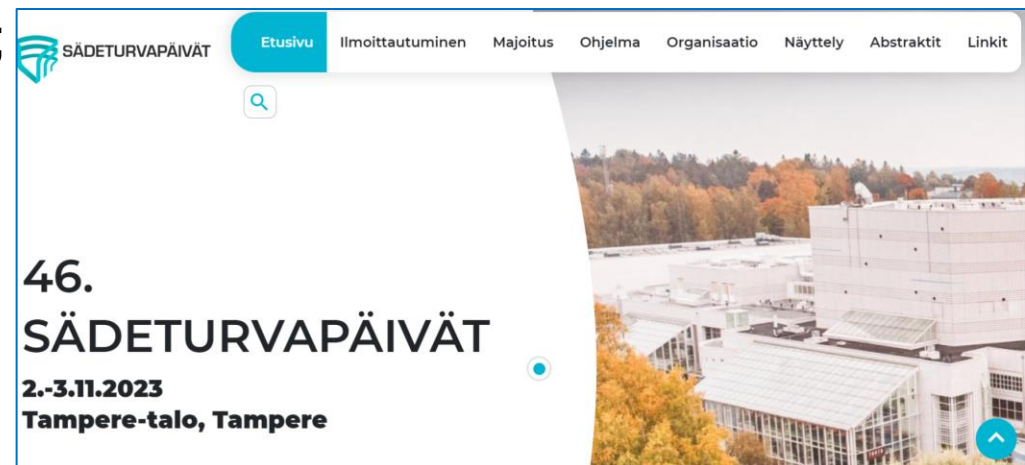
- Education and training
- Research projects
- Inspections and Joint actions with HERCA (Heads of Radiological Protection Competent Authorities)
- Clinical auditing



Co-operation in E&T 1/2

- Education and training

- [Society of Radiology and STUK: "Sädeturvapäivät", 46. annual meeting in 2023](#)
 - 2-3 parallel sessions;
 - Radiation protection integrated in thematic sessions;
 - Separate sessions focused on radiation protection;
 - Promotion of justification and clinical auditing.

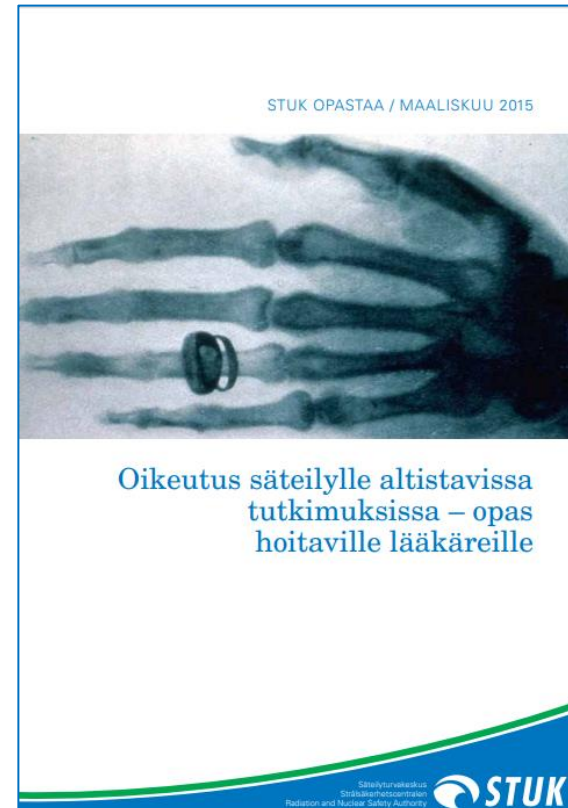


- [STUK: Radiation protection workshops and webinars](#)

- Presentations from professionals and staff of STUK on justification.

Co-operation in E&T 2/2

- STUK and professionals:
 - STUK guideline on justification for referring physicians (2015)
 - STUK guideline on paediatric CTs (2012)



Research projects in Finland

- Oikarinen H, Meriläinen S, Pääkkö E, et al. Unjustified CT examinations in young patients. *Eur Radiol* 2009;19:1161–1165.
 - Patients < 35 y, in 2005.
 - 77% of the CT examinations of the lumbar spine, 36% of the head, 37% of the abdomen, 20% of the nasal sinuses and 3% of the cervical spine were unjustified.
- Tahvonen P, Oikarinen H, Tervonen O (2020) The effect of interventions on appropriate use of lumbar spine radiograph and CT examinations in young adults and children: a three-year follow-up. *Acta Radiol* 61(8):1042–1049.
 - Appropriateness improved significantly in from 2005 to 2009 in CT scans already from 2005 to 2007 (23% vs. 63%).

HERCA campaign and inspection week



HERCA launched a European communication campaign to promote the appropriate use of medical imaging.



The campaign stages a consultation situation between referrer and patient.

It sets out 7 key questions the referrer should ask when referring for an imaging examination.

It highlights what is in the interest of the patient, along with some simple reflections and arguments that can be readily put forward during the consultation.

Inspections

- As a part of supervision of radiation practices in healthcare, STUK has in 2019 and 2020 concentrated on its inspections in the conditions for justification in x-ray examinations, or instructions and procedures concerning justification process.
- In addition, the technical quality of referrals was inspected.
- The number of inspections was 28 and, in total, the quality of 943 referrals were investigated.
- The referrals were mostly of high quality. Approximately a quarter of the referrals missed a clinical question.
- Report STUK-B 271, Atte Lajunen: [Röntgentutkimusten oikeutusarvioinnin edellytysten toteutuminen \(julkari.fi\)](#) (in Finnish)

Clinical auditing

- Clinical audits conducted since year 2000.
- Recommendations on justification given since the beginning.
 - In 2009-2014 the majority of recommendations were given about guidelines, practices and justification.

Thank you for your attention!

