



## Appropriateness Criteria for MRI Shoulder

Information for Referring Family Physicians and Nurse Practitioners

Island Health Medical Imaging has adopted appropriateness criteria for MRI Shoulder exams. These criteria are consistent with the Choosing Wisely Canada recommendations.

### How will the appropriateness criteria be implemented?

An appropriateness checklist has been developed to accompany MRI Shoulder referrals. The checklist must be completed by all Family Physicians and Nurse Practitioners and attached to the MRI requisition.

### Why introduce appropriateness criteria?

The appropriateness criteria and checklist provide decision making support to referring Family Physicians and Nurse Practitioners and support our commitment to quality improvement.

### What does mean for referring Family Physicians and Nurse Practitioners?

- Referring Family Physicians and Nurse Practitioners must complete and attach the shoulder checklist to the MRI requisition.
- The requisition and checklist must be submitted to the Booking Office together.
- Any MRI Shoulder requisitions received without the appropriateness checklist attached will be sent back to the referring Family Physician or Nurse Practitioner as an incomplete requisition.
- The referring Family Physician or Nurse Practitioner will have to resubmit the MRI Shoulder requisition with the appropriateness checklist attached in order for the MRI Shoulder to be scheduled.

### What are the appropriateness criteria for MRI Shoulder?

One or more of the following criteria must apply for your patient to be eligible for an MRI Shoulder:

- Atraumatic
  - o Suspected labral tear and instability
  - o Suspected biceps pathology
  - o Pain after rotator cuff repair
  - o Inflammatory
  - o Suspected shoulder cuff disorders (tendinosis, tear, calcified tendinitis)
- Post-Traumatic
  - o Bankart or Hills-Sachs lesion
  - o Neuropathic syndrome (excluding plexopathy)
  - o Physical examination findings with dislocation, labral tear or rotator cuff tear

### Additional Resources?

Appropriateness criteria are consistent with the Choosing Wisely Canada recommendations. For more information, visit <https://choosingwiselycanada.org>

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