Iowa 5: Five Things Physicians andPatients Should Question

1. Don’t obtain imaging studies in patients with non-specific low back pain; and don’t do imaging for low back pain within the first six weeks, unless red flags are present.

2. Don’t do imaging for uncomplicated headache. Imaging headache pains absent specific risk factors for structural disease is not likely to change management or improve outcomes.

3. In the evaluation of simple syncope and a normal neurological examination, don’t obtain brain imaging studies (CT or MRI).

4. Avoid unnecessary use of computed tomography (CT) scans in the immediate evaluation of minor head injuries.

5. Don’t order sinus CT or indiscriminately prescribe antibiotics for uncomplicated acute rhinosinusitis.

How This List Was Created:

The Iowa Healthcare Collaborative (IHC) has an ABIM Foundation Choosing Wisely campaign grant to further deploy the recommendations of the societies, as well as inform physicians and patients on available resources to provide and receive the right care option at the right time. Working with state stakeholders across the state, the Choosing Wisely Task Force identified the top 11 recommendations that play an important role in the Iowa health care system. The Iowa Medical Society surveyed their membership to rank the most important/critical recommendations. Based on the results by physicians in Iowa, these are the “Iowa 5” best practice recommendations that physicians should be aware. Note: these recommendations all come from the ABIM Foundation’s Choosing Wisely lists that were recommended through evidence-based practices and studies by the respective specialty society associations/memberships.

More information regarding the Choosing Wisely recommendations can be found at www.choosingwisely.org or www.ihconline.org.