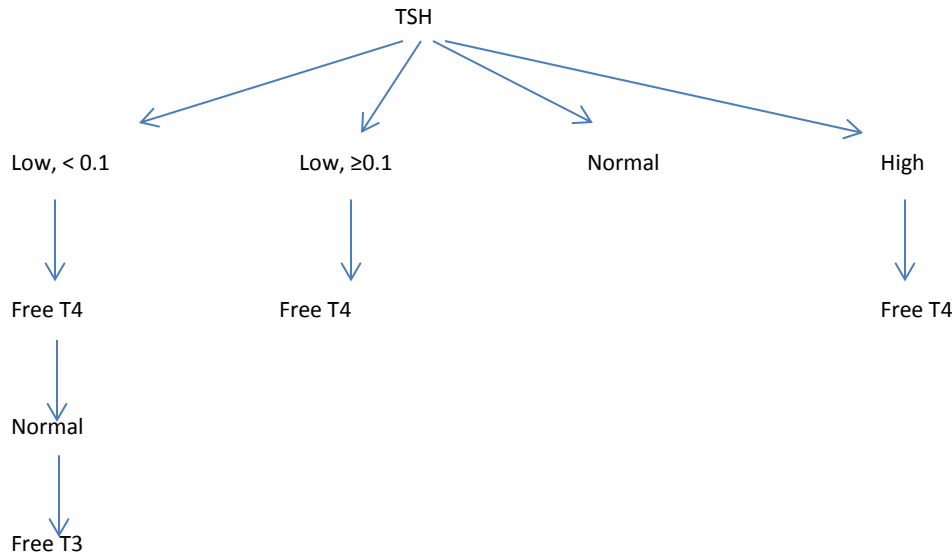


Test Utilization Bulletin: Screening for Thyroid Disease

April 8, 2016

The Nebraska Health Network Test Utilization Committee and the NHN Endocrine Working Group have identified thyroid testing as a potential target for intervention. The Choosing Wisely Campaign states: “Don’t order multiple tests in the initial evaluation of the patient with suspected thyroid disease. Order TSH, and if abnormal, follow up with additional evaluation or treatment depending on the findings.”

To facilitate more streamlined initial testing for thyroid disease, Methodist laboratory has developed a cascade testing algorithm which starts with TSH and automatically reflexes to appropriate follow-up tests depending on the initial results. This test is designated “Thyroid Screen (recommended initial screen for thyroid disease)”, and will reflex as follows:



In patients with suspected central hypothyroidism, addition of a Free T4, regardless of the TSH result may be needed. The reflex cascade will be available to order on April 20, 2016.

The reference limits for TSH have also changed to reflect current guidelines as well as recommendations from our test manufacturer. Notably, the upper reference limit has decreased from 5.9 (for all patients) to 3.18 in adult males and 3.94 in adult females. In addition, age-specific reference ranges for patients under 20 have been added. These reference ranges represent 2.5%-97.5% of the population tested.

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References:

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- Hyperthyroidism and Other Causes of Thyrotoxicosis: Management Guidelines of the American Thyroid Association and American Association of Clinical Endocrinologists. Endocr Pract 2011; 17(3). e1-e65
- Reference Intervals for Children and Adults. Elecsys 2010 system, MODULAR ANALYTICS E170 cobas e analyzers. 2009. Roche Diagnostics GmbH, 68298. Mannheim, Germany

For questions regarding this change, please contact Methodist Pathology Center Client Services Department or Tess Karre, M.D. at 402-354-4541