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| Goal: | As part of my development for intervention and treatment planning, I would like to improve my ability to interpret MRI results and their relevance to management options and treatment indications. |
| S | What specifically am I trying to achieve?I would like to understand the relevance of Modic changes. These are regularly described when MRI scans are ordered independent of a speciality, such as in the private sector. Whilst I know they are descriptors of signal changes in bony tissue, I do not know what their clinical relevance is, and if they have any bearing on treatment options.  |
| M | How will I measure success?I would like to be able to discuss a service user’s MRI findings with them, and know if their findings mean that certain treatment options and indicated or contraindicated. |
| A | What steps do I need to take to reach the goal?I will read scientific papers and reputable online resources such as Radiopedia articles discussing what Modic changes are, what they mean, if they are diagnostic, and if they indicate/contraindicate certain MSK intervention pathways. |
| R | Is this relevant for my long term objective?Given increasing waiting lists in the wake of the Covid-19 pandemic, particularly for orthopaedic services, an increasing proportion of patients presenting to primary care are requesting private services such as independent investigations, whilst not under specialist care. Reports will then come back to the referrer rather than to an orthopaedic service, therefore the referrer has a responsibility to be able to interpret the relevance of the report.  |
| T | What is the time frame for the goal?This learning activity was prompted on receipt of a service user’s MRI report describing Modic changes. I will complete this learning before following up with her on 16th June 2021 |