MANAGING SCANXITY IN MRI: APPLYING AN 8C’S APPROACH

INTRODUCTION

Scan related anxiety is a common occurrence within Magnetic Resonance Imaging (MRI), being one of the main reasons for scan failure and ineffective treatment. This in turn has an impact on providing a diagnosis for patients that can therefore delay treatment, and cost implications for the business in terms of inhibited efficiency and wasted scanner use.

The source of scan related anxiety isn’t just claustrophobia and doesn’t necessarily result in failed imaging. It also has a negative impact on image quality and diagnostic accuracy due to movement artefacts and reduced scan times, and in turn can and doesn’t necessarily result in failed imaging. It also has a long-term impact on the patient’s perception of care and throughput. To be able to provide personalised imaging experiences, the human interaction between patient and staff member is important, and should be focused around acknowledging and actively responding to any patient fears or anxieties so that care can be tailored to their specific needs. It hinges on developing trust which has been shown to reduce anxiety levels, which leads to less failed scans and in turn increased productivity.

TAKE OWNERSHIP OF YOUR PATIENT’S EXPERIENCE THROUGH MANAGING SCANXITY...

Scan related anxiety is a normal emotional reaction in response to a perceived threat or stress. 

The irrational fear of an enclosed space and the feeling of loss of control is a normal emotional reaction in response to a perceived threat or stress.

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THE MOST ANXIETY INDUCING PARTS OF THE MRI EXAM PROCESS ARE:

1. Initial entry into the scan room
2. Positioning on the scan table and placement of surface coils

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REFERENCES