

Cardiac Solution Procedure Request Tip Sheet

National Imaging Associates (NIA) Cardiac Solution

This tip sheet is intended to highlight considerations related to Cardiac Solution authorization requests and does not include clinical criteria. Please refer to NIA's clinical Guidelines for criteria that determines medical necessity for each cardiac procedure.

Cardiac Solution

- **The following cardiac tests require prior authorization;** requests are reviewed by board certified cardiologists and often include the review of pertinent medical records.
 - Myocardial Perfusion Imaging (MPI)
 - Stress Echocardiography (SE)
 - Coronary Computed Tomographic Angiography (CCTA)
 - Cardiac PET, MR, CT and EBCT may be included in a Radiology Benefits Management Program or considered part of a Cardiac Solution
- **Exercise Treadmill Test (or ECG)** does not require prior auth and can be considered an appropriate first step in evaluating potential heart disease for patients who can exercise.
- **Stress Echo is an alternative to MPI** because it results in less radiation exposure for patients who do not have any contraindications to physical activity.
 - See “NIA MPI vs SE Tip Sheet” which gives details on each test and the appropriate clinical scenarios for each.

Radiation Exposure

MPI: 15 - 25 mSv

SE: 0 mSv

Chest X-Ray: 0.1
(for comparison)



Radiation exposure should be limited when possible.

- **Medical Records may be requested for review** on selected cardiac procedures; records should be submitted as quickly as possible and contain all information pertinent to the request. Include the following information (See the “Cardiac Checklist” for more detail).
 - a. **Medical chart notes** including patient’s current cardiac status/symptoms, cardiac factors and indications.
 - b. **Relevant patient information**, such as age, BMI, family/medical history, risk factors, previous treatments/interventions, and problems with exercise capacity.
 - c. **Results of exam and previous tests** (exercise stress test, echocardiography, stress echo, MPI, coronary angiography, etc.).

Choosing Wisely related to MPI:

- 1) Do not perform MPI in patients without cardiac symptoms unless high risk markers are present.
- 2) Do not perform MPI in patients who are at low risk for cardiac events.
- 3) Do not perform MPI for routine follow-up of asymptomatic patients.
- 4) Do not perform MPI as pre-op assessment in asymptomatic patients undergoing low or intermediate risk non-cardiac surgery.