



# Don't Test Me!

## A Parent's Guide to Diagnostic Stewardship

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Diagnostic Stewardship is a healthcare approach to reduce diagnostic errors and unnecessary antibiotic use.

## Did You Know?

20-30% of medical tests and treatments are **unnecessary**

**\$800 billion** is wasted per year in **healthcare spending**



**The Choosing Wisely Campaign promotes care that positively impacts patients and avoids wasteful interventions. [Click here.](#)**



Questions for parents and patients to ask prescribers:

- Will this test change my plan of care?
- What changes will you make based on this test?
- Is there more benefit than harm in obtaining this test?



Children's Mercy is committed to using diagnostic stewardship approaches to:

- Reduce false positive test results
- Minimize exposure to radiation
- Decrease blood loss from labs
- Reduce antibiotic resistance
- Conserve resources

## Why should I care? Here's an example:

**Case:** A 2-year-old child presents with a sore throat and runny nose - strep testing is performed and is positive for group A streptococcus (GAS). Amoxicillin is prescribed for the child.

**Impact:** Children < 3 years should not routinely be tested for strep throat as GAS is often present without causing infection. In this case, the child received unnecessary testing and antibiotics.

**Looking for more?** Check out [Strep Throat Stewie Shares](#)

**Diagnostic stewardship helps prescribers work with patients to select tests that best fit the patient's needs and will lead to an effective plan of care.**



Click [here](#) or use the QR code to take a short quiz!



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Kathy Baharaeen is the Quality Improvement (QI) Coordinator for the CM PICU. She has been a charge nurse in the PICU for > 30 years and moved into QI work 12 years ago. She is currently working with a group to improve diagnostic stewardship pertaining to appropriate blood cultures in the PICU.