

Scoring system for soft tissue ultrasound scans

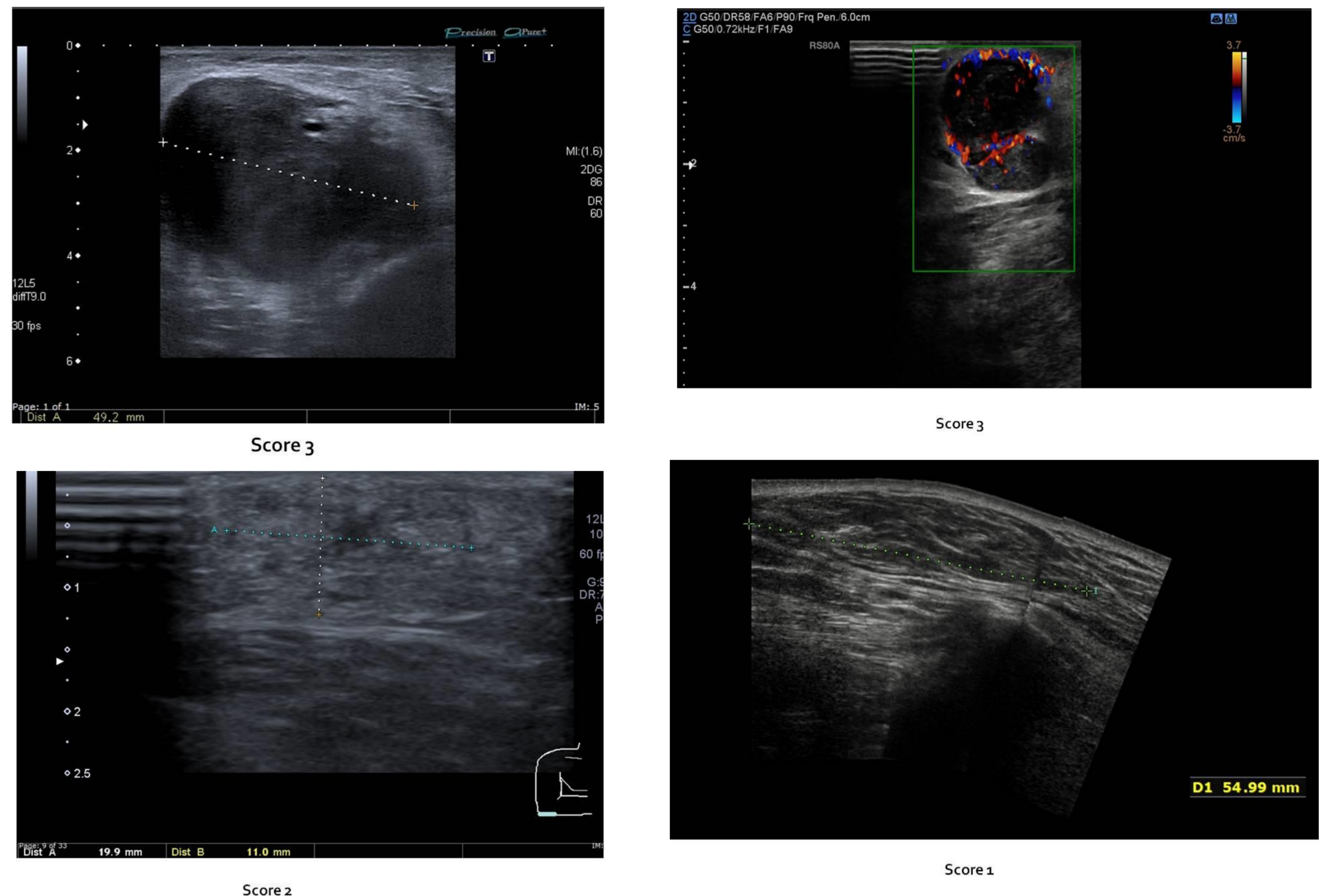
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Aims and objectives

Ultrasound scans (USS) are frequently used in the initial assessment of suspected sarcomas. This study aimed to develop an ultrasound based scoring system to identify the benign lesions so as to expedite assessment and subsequent treatment.

Based on the following guidelines

- British Sarcoma Group³
 - Increasing in size
 - Size >5cm
 - Deep to deep fascia
 - Painful
- NICE⁴
 - Lump growing in size
- ESMO⁵
 - Unexplained deep mass
 - Superficial lesion >5cm in diameter



Parameters and scores for the scoring system

| Parameters | Attribute | Score |
|-------------------------------------|--|-------|
| History of Pain | No | 0 |
| | Yes | 1 |
| History of recent increase in size | No | 0 |
| | Yes | 1 |
| Size of lesion in maximum dimension | <5 cm | 0 |
| | >5 cm | 1 |
| Location of lesion | Superficial to deep fascia | 0 |
| | Deep to deep fascia | 1 |
| Echogenicity | Uniform | 0 |
| | Heterogeneous | 1 |
| Vascularity | Absent or single vessel through lesion | 0 |
| | Significant | 1 |

Our audit of more than 200 patients showed that majority of patients (~90%) referred for assessment of soft tissue lesions have a score of 0 or 1. Less than 7 % of patients scored 3 or more.

Advantages of using the scoring system

1. Makes early assessment of lesions relatively straightforward for non-specialised radiologists and sonographers
2. Easier and quicker triage of patients helping to easily identify lesions that do not need further imaging and specialist input.
3. Help to make the services of specialised radiologists quickly available to patients who need specialist assessment and treatment.

References

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