



# Monthly Update



August  
2018

## Myelin Basic Protein Testing Performed at Mayo Medical Laboratories

Effective Wednesday August 1<sup>st</sup>, Mayo Medical Laboratories will no longer forward CSF specimens for Myelin Basic Protein testing to their referral laboratory. Mayo Medical Laboratories has experienced significant delays in results being reported in a timely manner and just received notification from their referral laboratory that pending patient testing has been suspended due to reagent issues.

Mayo Medical Laboratories offers several alternative tests that also aid in the diagnosis of Multiple Sclerosis (MS); and recommend that clients order one or more of the following tests if patient providers are trying to rule in or rule out Multiple Sclerosis:

**LAB1901** - Oligoclonal Banding - Mayo Lab Code: **OLIG** (CPT's: 83916 x2)

**LAB2333** - Cerebrospinal Fluid (CSF) IgG Index - Mayo Lab Code: **SFIN** (CPT's: 82040, 82042, 82784 x2)

**LAB2157** - Multiple Sclerosis Profile (includes OLIG & SFIN) - Mayo Lab Code: **MSP2** (CPT's: 82040, 82042, 82784x2, 83916x2)

If you have questions regarding these tests, please contact your Clinical Representative.

## CA19-9 Testing Now Being Performed In-house

Effective August 1<sup>st</sup> , 2018, the OSF System Laboratory began performing a new test in-house:

### Carbohydrate Antigen 19-9 (CA19-9), Serum, CA199 (LAB4737)

CA19-9 is a useful adjunct in the diagnosis and monitoring of pancreatic cancer. Serial monitoring of carbohydrate antigen 19-9 (CA 19-9) should begin prior to therapy to verify post-therapy decreases in CA 19-9 and to establish a baseline for evaluating possible recurrence. Single values of CA 19-9 are less informative.

The normal reference range will be 0-37.0 U/mL. The clinical reportable range will be 2.0-12000.0 U/mL.

Method evaluations were conducted comparing Mayo Medical Laboratory's Beckman Coulter method to our Abbott Architect. The studies showed reestablishing baselines on patients currently being monitored is necessary. Providers whose patients are affected by this change will be individually notified.

Testing will be performed daily with a 24 hour turn-around-time.

## New Procedure for Urine Cultures

The OSF System Lab strives to provide high value testing with accurate and timely results for patients and our providers around the clock every day of the week. Currently, the OSF System Lab saves urine culture plates for two days following urine culture testing URC, (LAB922). We have determined that retention of agar plates from patients with negative urine cultures or minimal growth does not provide value to our patients and providers. Effective July 23rd, the OSF System Lab is no longer saving agar plates from patients with negative and low growth urine cultures.

Any questions or concerns may be addressed to:

John Farrell, MD-Medical Director

Clinical Microbiology & Serology, OSF System Laboratory  
(309) 624-9127

## Questions about your bill?

Please contact our Patient Accounts and Access Center billing department at **(309) 683-6750**. The PAAC billing agents will be happy to assist you with your inquiry.

### Clinical Reps:

Sabrina Mullins (309) 624-9144

Raechel Pfahl (309) 624-9100

### Supervisor of Sales and Marketing:

Gregg Simpson (309) 624-3927

### Outreach Manager:

Michael Cohlman (309) 624-9042

# TEST SPOTLIGHT: Inflammatory Bowel Disease

## *Comprehensive Overview for Differentiation, Diagnosis & Therapeutic Monitoring*

OSF HEALTHCARE SAINT FRANCIS MEDICAL CENTER SYSTEM LABORATORY & MAYO MEDICAL LABORATORIES

By: Raechele Pfahl, MLT (ASCP), BBA, MBA

### **IBD vs. IBS—How to Differentiate and Diagnose when Symptoms Overlap...**

Inflammatory Bowel Disease (IBD) and Irritable Bowel Syndrome (IBS) are both common diagnoses that are difficult to differentiate. Because of their similar natures both IBS and IBD can have overlapping symptoms, but it is extremely important to differentiate and diagnose the correct ailment because the treatments are very different.

### **TESTING USEFUL FOR DIFFERENTIATION OF IBD AND IBS**

- ▶ Calprotectin, F (Mayo Test ID: CALPR)

#### **DIFFERENTIATING ASPECTS OF IBD AND IBS**

IBD	IBS
Disease	Disorder
Changes bowel tissue and increases risk of colorectal cancer	Doesn't increase risk of disease
Diagnosis based on endoscopic evaluation and lab tests	Diagnosis based on symptoms—no biological marker
Rectal bleeding	No rectal bleeding
Treatment requires steroids or immunosuppressive medications	Treatment requires non-prescriptive lifestyle changes
Close surveillance of patients—repeat tests and colonoscopic evaluations	Limited follow-up with patients

#### **Mayo's Non-Invasive Testing Option...**

OSF System Laboratory's clinical partnership with Mayo Medical Laboratories allows OSF Providers easy access to a relatively new non-invasive first-line testing option that helps differentiate between IBD and IBS. This test, Calprotectin (CALPR, LAB4619), is an indirect marker of intestinal inflammation.

Utilizing the Calprotectin test may eliminate the need for more costly and invasive testing that is more dependent on patient compliance in regards to patient fasting and bowel preparation.

- ⇒ When Calprotectin is utilized as part of the patient's initial differential diagnosis, the fecal Calprotectin result has an approximate sensitivity and specificity of 85%.
- ⇒ If Calprotectin results are normal, then inflammatory bowel conditions can be ruled out; eliminating the need for the more costly and invasive testing.

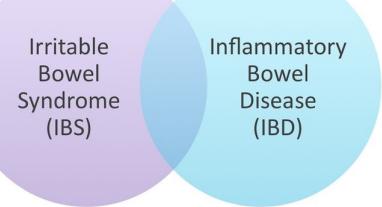
### **Overutilization of Lab Testing vs. Appropriate Lab Testing...**

Some commercial laboratories advocate a much wider range of lab testing than necessary; including serology and genetic testing and quantitation of inflammatory markers, all of which might not be covered by the patient's insurance. Especially when it is taken in consideration that clinically published and peer reviewed literature only supports the use of three serologic tests for IBD within very limited applications.

With OSF's partnership with Mayo Medical Laboratories, serologic testing is only utilized after a diagnosis of IBD has been determined, but the results did not clearly differentiate between Crohn's Disease and Ulcerative Colitis.

Mayo's IBD Serology Panel (IBDP, LAB2072) evaluates the patient's disease state based upon characteristic patterns of antibodies with clinically significant utility and which have been extensively peer-reviewed.

- ⇒ Perinuclear Anti-Neutrophilic Cytoplasmic Antibodies (pANCA)
- ⇒ *Saccharomyces cerevisiae* IgA Antibodies
- ⇒ *Saccharomyces cerevisiae* IgG Antibodies



### **TESTING USEFUL FOR DIAGNOSIS OF CROHN'S DISEASE AND ULCERATIVE COLITIS**

- ▶ Inflammatory Bowel Disease Serology Panel, Serum (Mayo Test ID: IBDP)

If you have further questions about Mayo testing or about any of the information in this educational spotlight, please contact your OSF Laboratory Clinical Representative today!

Raechele Pfahl.....309-624-9100

Sabrina Mullins.....309-624-9144

### **Keep in mind...**

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do, you have to keep moving forward." -Martin Luther King, Jr.