

DART – Diagnosis and Related Treatments

The DART Tool allows a user to obtain Treatment recommendations based on the disorder/condition. These recommendations are provided by ACOEM (American College of Occupational and Environmental Medicine), the gold standard for effective treatment of occupational injuries and illnesses.

To learn more about the methodology of ACOEM and the DART tool, please visit this webpage:

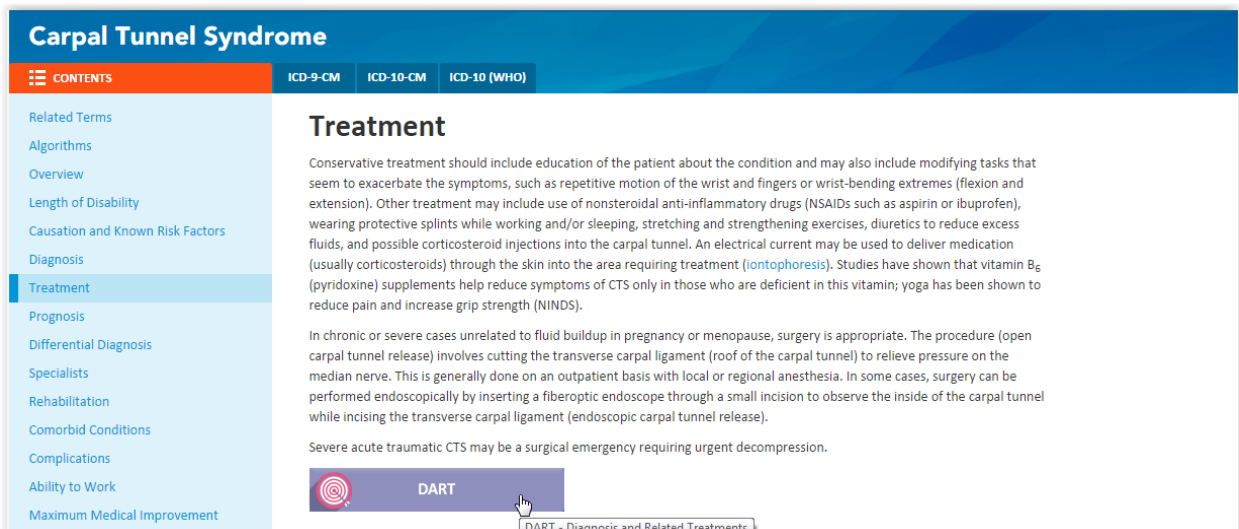
<https://new.mdguidelines.com/dart/help>

Where Is DART Located?

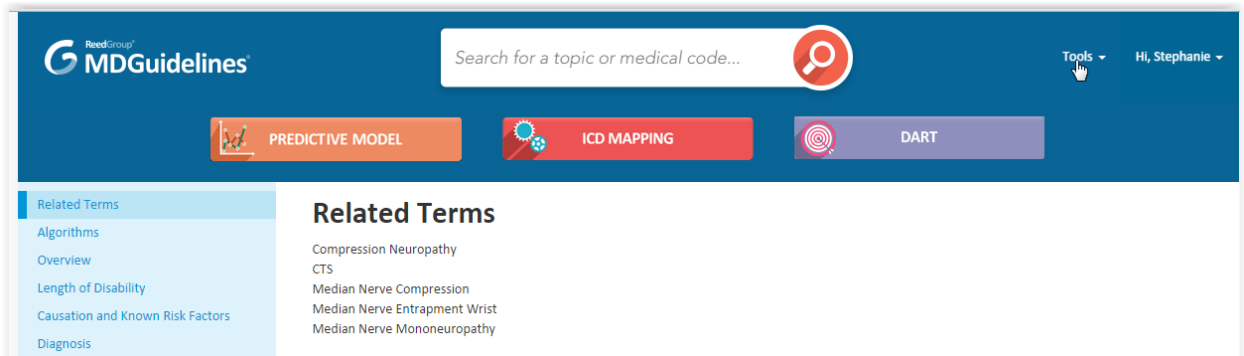
1. You can access the tool from the MDGuidelines homepage after you've successfully logged-in:



2. The tool is also located within topics that are covered by ACOEM (i.e. Carpal Tunnel Syndrome) at the end of the Diagnosis and Treatment Sections:

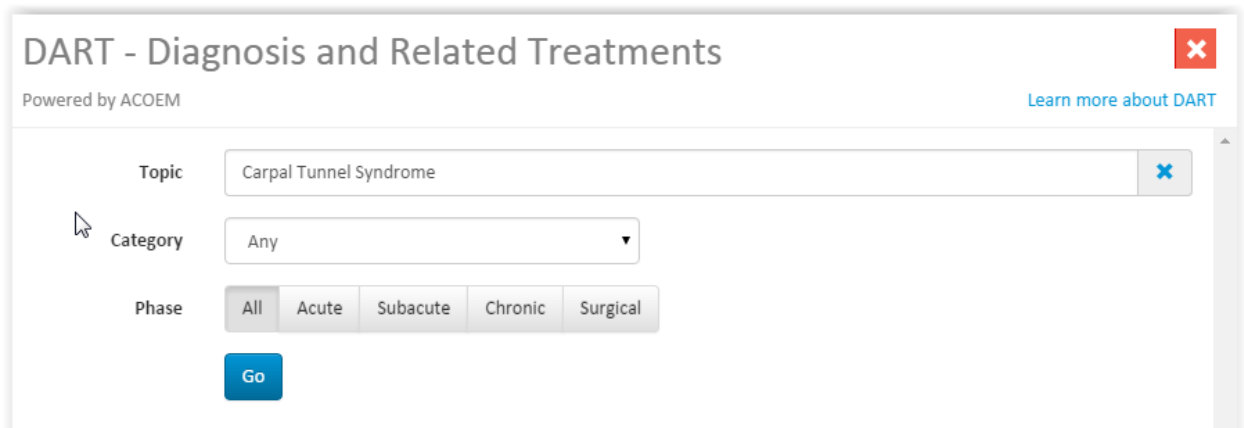


3. The tool is also located within the Tools section next to the name of the user:



How Do I Use The Tool?

1. After you click on the tool the user can begin to look up treatment recommendations. If you click on the link while you are within a topic it will populate the disorder in the "Topic" field:



2. Once you have selected a topic (full list at the end of the document), you can choose a category of treatment, or choose “any” to view all treatment types:

DART - Diagnosis and Related Treatments ✕

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Topic: ✕

Category: Any ▼

Phase:

- Any
- Diagnostic Interventions
- Activity Modification and Exercise
- Medications (including topical creams)
- Allied Health Interventions
- Electrical Therapies
- Hot and Cold Therapies
- Devices
- Injection Therapy
- Surgical Considerations
- Rehabilitation Programs

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3. Next you can choose the specific phase of injury, or select “All”. Here are the definitions for the different phases:

- Acute: Less than 2 weeks
- Subacute: Between 2 and 6 week
- Chronic: More than 6 weeks
- Surgical: Surgical considerations only

4. Once you have your selections you click Go!

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Topic:

Category:

Phase:

Filter or sort by Treatment Name, Recommendation Level, or Strength of Evidence

Treatment Name:

Recommendation:

Strength of Evidence:

+ Carpal Tunnel Injections	Recommended	Strongly Recommended, Evidence (A)
+ Surgical Release	Recommended	Strongly Recommended, Evidence (A)
+ Glucocorticosteroids, Oral	Recommended	Moderately Recommended, Evidence (B)
+ NSAIDs	Recommended	Moderately Recommended, Evidence (B)
+ NSAIDs During Post-operative Rehabilitation	Recommended	Moderately Recommended, Evidence (B)
+ Open or Endoscopic Release	Recommended	Moderately Recommended, Evidence (B)
+ Wrist Splinting, Nocturnal	Recommended	Moderately Recommended, Evidence (B)
+ Acetaminophen	Recommended	Recommended, Evidence (C)
+ Cryotherapy During Post-operative Rehabilitation	Recommended	Recommended, Evidence (C)
+ Electrodiagnostic Studies, for Diagnosis	Recommended	Recommended, Evidence (C)

How Do I Utilize The Information?

The DART tool will retrieve treatment recommendations according to your parameters. If you choose all for Category and Phase it will show all results. The information summarized by 3 columns: Treatment name, Recommendation, and Strength of Evidence.

1. By default, the results are sorted by Recommendation (Recommended, Not Recommended, and No Recommendation). You can choose to re-sort the results by any of the three columns, ascending or descending by clicking on the dash or carret above each column heading.

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Topic:

Category:

Phase:

Filter or sort by Treatment Name, Recommendation Level, or Strength of Evidence

Treatment Name	Recommendation	Strength of Evidence
<input type="text" value="Filter by name..."/>	<input type="text" value="All"/>	<input type="text" value="Any"/>
+ Carpal Tunnel Injections	Recommended	Strongly Recommended, Evidence (A)
+ Surgical Release	Recommended	Strongly Recommended, Evidence (A)
+ Glucocorticosteroids, Oral	Recommended	Moderately Recommended, Evidence (B)

Change the sort order by clicking on these controls

2. Treatment name – You can filter by keyword within this column (i.e. opioids if you chose “All” or “Medications” for Category):

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Topic: Carpal Tunnel Syndrome

Category: Any

Phase: All | Acute | Subacute | Chronic | Surgical

Go

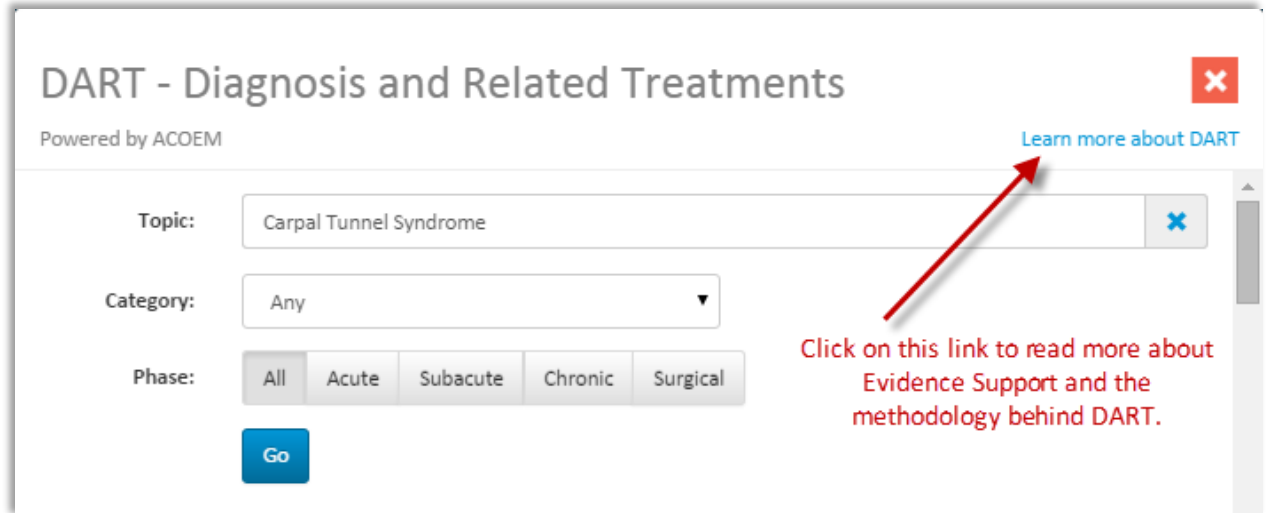
Filter or sort by Treatment Name, Recommendation Level, or Strength of Evidence

Treatment Name	Recommendation	Strength of Evidence
opioids	All	Any
+ Opioids, Select Patients	ⓘ Sometimes Recommended	Recommended, Insufficient Evidence (I)
+ Opioids, Routine Use	⊘ Not Recommended	Not Recommended, Insufficient Evidence (I)

3. Recommendation – There are 4 types of recommendations and they can be filtered by the following options:
- Recommended
 - Evidence exists to support the use of this type of treatment
 - Includes “Sometimes Recommended” – the user should review the detailed evidence to make a decision.
 - Not Recommended
 - Evidence exists against the use of this type of treatment
 - No Recommendation
 - Not enough evidence exists either for or against the use of this treatment type

4. Strength of Evidence – Please review the following webpage to see the definitions for evidence strength: <https://new.mdguidelines.com/dart/help>.

You can also view this help directly from within the tool:




How Do I View The Full Recommendations?

1. Click anywhere along the recommendation row or click the **+** on the left side. This will expand the row to show the full recommendation:


- Acetaminophen	Recommended	Recommended, Evidence (C)	
Recommendation Summary:	Acetaminophen is recommended for post-operative management of CTS-related pain.		Print
Indication:	Patients having recently undergone carpal tunnel surgical release. Generally treat 2 weeks up to 6 weeks post-op unless complications occur.		
Frequency/Dose/Duration:	See manufacturer's recommendations.		
Rationale:	There is one high-quality study in post-operative patients indicating that for post-operative pain management, naproxen is superior to acetaminophen, which in turn is superior to placebo (384). NSAIDs and acetaminophen may also facilitate the rehab - More...		
Evidence Summary:	There is 1 high-quality and 4 moderate-quality RCTs incorporated into this analysis. See Evidence Table		
Comments:	Indications for Discontinuation: Resolution of pain, adverse effects, intolerance.		


2. Once expanded you will be able to see the full recommendation, indications*, frequency and dose*, rationale*, evidence summary*, and comments*.
 - a. * if applicable

3. If you would like to print or copy the recommendation click on the “print” Icon on the right-hand side of the recommendation:

<p>— Acetaminophen</p> <p>Recommendation Summary:</p> <p>Indication:</p> <p>Frequency/Dose/Duration:</p> <p>Rationale:</p> <p>Evidence Summary:</p> <p>Comments:</p>	<p>✔ Recommended</p> <p>Acetaminophen is recommended for post-operative management of CTS-related pain.</p> <p>Patients having recently undergone carpal tunnel surgical release. Generally treat 2 weeks up to 6 weeks post-op unless complications occur.</p> <p>See manufacturer's recommendations.</p> <p>There is one high-quality study in post-operative patients indicating that for post-operative pain management, naproxen is superior to acetaminophen, which in turn is superior to placebo (384). NSAIDs and acetaminophen may also facilitate the rehab - More...</p> <p>There is 1 high-quality and 4 moderate-quality RCTs incorporated into this analysis.</p> <p>See Evidence Table</p> <p>Indications for Discontinuation: Resolution of pain, adverse effects, intolerance.</p>	<p>Recommended, Evidence (C)</p> <p> Print</p>
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This will open a new browser page with full details. Use your browser Print function to print the page. You may also select and copy any text and paste it into another application.



Search for a topic or medical code... 

Tools ▾ Hi, Stephanie ▾

Recommendations related to:

Carpal Tunnel Syndrome

Powered by ACOEM

Treatment:	Acetaminophen
Phase:	Postoperative
Category:	Medications (including topical creams)
Recommendation:	✔ Recommended
Level of Evidence:	Recommended, Evidence (C)
Recommendation Summary:	Acetaminophen is recommended for post-operative management of CTS-related pain.
Indications:	Patients having recently undergone carpal tunnel surgical release. Generally treat 2 weeks up to 6 weeks post-op unless complications occur.
Frequency / Dose / Duration:	See manufacturer's recommendations.
Rationale:	There is one high-quality study in post-operative patients indicating that for post-operative pain management, naproxen is superior to acetaminophen, which in turn is superior to placebo (384). NSAIDs and acetaminophen may also facilitate the rehabilitation process without the impairments associated with opioids. Thus, NSAIDs and acetaminophen are recommended for post-operative pain management.
Evidence Summary:	There is 1 high-quality and 4 moderate-quality RCTs incorporated into this analysis.
	See Evidence Table
Comments:	Indications for Discontinuation: Resolution of pain, adverse effects, intolerance.

Topics With ACOEM Content?

(as of October 31, 2015)

Ankle and Foot

Achilles Bursitis or Tendinitis
Fracture, Ankle
Fracture, Calcaneus
Fracture, Forefoot (Sesamoid, Phalanges)
Fracture, Metatarsal Bones
Fracture, Midfoot (Cuboid, Cuneiform, Navicular)
Fracture, Talus
Fracture, Tibia or Fibula
Plantar Fasciitis
Sprains and Strains, Ankle
Tarsal Tunnel Syndrome

Cervical and Thoracic Spine

Cervical Disc Disorder with Myelopathy
Fracture, Cervical Spine (Without Spinal Cord Injury)
Headache
Myelopathy
Neck Pain
Spinal Stenosis
Spondylolisthesis
Sprains and Strains, Cervical Spine (Neck)
Thoracic Spine Pain

Chronic Pain

Complex Regional Pain Syndrome
Fibromyalgia
Pain, Chronic
Peripheral Neuropathy

Elbow

Bicep Tendinitis
Contusion, Upper Limb
Epicondylitis, Medial and Lateral
Fracture, Humerus, Distal
Fracture, Radius, Proximal
Neuropathy of Ulnar Nerve (Entrapment)
Pronator Syndrome
Sprains and Strains, Elbow

Eye

Blepharitis
Conjunctivitis
Corneal Abrasion
Corneal Ulcer
Foreign Body, Cornea
Stye
Visual Fatigue

Hand, Wrist, and Forearm

Carpal Tunnel Syndrome
Compartment Syndrome
Crush Injury
Dupuytren's Contracture
Fracture, Carpal Bones
Fracture, Fingers and Thumb
Fracture, Metacarpal Bones
Fracture, Radius and Ulna, Distal
Neuropathy of Radial Nerve (Entrapment)
Neuropathy of Ulnar Nerve (Entrapment)
Pain in Limb
Puncture Wounds
Sprains and Strains, Hand or Fingers
Sprains and Strains, Wrist
Synovial Cyst
Tenosynovitis
Tenosynovitis, Radial Styloid
Triangular Fibrocartilage Complex (TFCC) Tears
Trigger Finger or Thumb

Hip and Groin

Epididymitis
Femoral Acetabular Impingement
Fracture, Femoral Neck
Gluteus Medius Tear
Groin Strain
Hip Dysplasia
Ligamentum Teres Rupture
Meralgia Paresthetica
Orchitis
Trochanteric Bursitis

Knee

Dislocation, Patella (Kneecap)
Fracture, Patella
Meniscus Disorders, Knee
Sprains and Strains, Knee

Low Back

Ankylosing Spondylitis
Fracture, Lumbosacral Spine (Without Spinal
Cord Injury)
Low Back Pain
Sciatica
Spinal Stenosis
Spondylolisthesis
Spondylolysis, Lumbar Region

Pulmonary

Asbestosis
Asthma
Occupational Asthma
Pneumoconiosis
Silicosis

Shoulder

Adhesive Capsulitis of Shoulder
Dislocation, Glenohumeral
Fracture, Clavicle
Fracture, Humerus, Proximal
Impingement Syndrome
Myofascial Pain Syndrome
Rotator Cuff Syndrome
Rotator Cuff Tear
Sprains and Strains, Shoulder and Upper Arm
Thoracic Outlet Syndrome

Need Additional Support?

Please call 800.442.4519 or email guidelines@reedgroup.com if you have additional questions or concerns.