

Sensitivity and Specificity of Helical Computed Tomography in the Diagnosis of Pulmonary Embolism: A Systematic Review

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Purpose: To determine the sensitivity and specificity of helical computed tomography (CT) for the diagnosis of pulmonary embolism and to determine the safety of withholding anticoagulant therapy in patients who have clinically suspected pulmonary embolism and negative results on helical CT.

Data Sources: The MEDLINE database was searched for all reports published from 1986 to October 1999 that evaluated the use of helical CT for the diagnosis of pulmonary embolism. Bibliographies of the retrieved articles were cross-checked to identify additional studies.

Study Selection: All prospective English-language studies were selected. Retrospective studies, review articles, and case reports were excluded, and 5 of the 20 identified articles were excluded. The scientific validity of the remaining 15 articles was assessed.

Data Extraction: Two of the authors used a priori, predefined criteria to independently assess each study. A third author resolved disagreements by adjudication. The predefined criteria were inclusion of a consecutive series of all patients with suspected pulmonary embolism, inclusion of patients with and those without pulmonary embolism, a broad spectrum of patient characteristics, performance of helical CT and pulmonary angiography (or an appropriate reference test) in all patients, and independent interpretation of the CT scan and pulmonary angiogram (or reference test). Specific data on sensitivity and specificity and the associated 95% CIs were recorded when available.

Data Synthesis: No study met all of the predefined criteria for adequately evaluating sensitivity and specificity. The reported sensitivity of helical CT ranged from 53% to 100%, and specificity ranged from 81% to 100%. In no prospective study was anticoagulant therapy withheld without further testing for venous thromboembolism in consecutive patients with suspected pulmonary embolism. One prospective study reported the outcome of selected patients with negative results on helical CT who did not receive anticoagulant therapy.

Conclusions: Use of helical CT in the diagnosis of pulmonary embolism has not been adequately evaluated. The safety of withholding anticoagulant treatment in patients with negative results on helical CT is uncertain. Definitive large, prospective studies should be done to evaluate the sensitivity, specificity, and safety of helical CT for diagnosis of suspected pulmonary embolism.

Pulmonary embolism is a major health problem in the United States. The estimated annual incidence is 69 cases per 100 000 persons (1), which means that more than 175 000 persons develop established pulmonary embolism each year. Prospective studies have documented a 30% to 40% prevalence of pulmonary embolism in patients who have clinical features of suspected pulmonary embolism (2–4). Therefore, clinically suspected pulmonary embolism is present in more than 575 000 persons in the United States each year.

It is difficult to diagnose pulmonary embolism because the clinical diagnosis is nonspecific (2–8) and all of the objective tests have clinical or practical limitations (2–6). The ventilation–perfusion lung scan has been the first-line test for more than 20 years. However, 60% to 70% of lung scans are nondiagnostic (2–4), and combining clinical assessment with lung scan results or using a clinical algorithm fails to identify 20% of patients with pulmonary embolism (3, 4, 8). Pulmonary angiography is the gold standard (9–12), but it is invasive and expensive, may be impractical or unavailable in some clinical settings, and causes cardiac or pulmonary complications in 3% to 4% of patients (12, 13). Objective testing for deep venous thrombosis is useful if the results are positive (4–6, 14), but negative results do not exclude pulmonary embolism (4–6, 11, 14, 15). Serial testing for proximal deep venous thrombosis can be used as an alternative to pulmonary angiography in selected patients, such as those with adequate cardiorespiratory reserve or a low or moderate suspicion of pulmonary embolism (14, 16, 17). The D-dimer assay is promising as an exclusion test, but a positive result is nonspecific and occurs in 40% to 69% of patients (18, 19). Therefore, definitive testing for the presence or absence of pulmonary embolism is required for many patients, such as those with severe underlying cardiopulmonary disease and inadequate cardiorespiratory reserve (5, 6, 17, 20).

Recently, interest has developed in using helical computed tomography (CT), also known as spiral

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Table 1. Criteria Used To Appraise Prospective Studies Identified by Literature Search*

Criteria used to assess studies that evaluated the sensitivity and specificity of helical CT

- Does the study include a consecutive series of all patients with suspected pulmonary embolism?
- Do all patients undergo both CT and the gold standard, pulmonary angiography? (Normal results on ventilation–perfusion lung scanning were accepted as an alternate reference standard for the absence of pulmonary embolism.)
- Is the angiogram read without knowledge of the CT scan and vice versa?
- Does the study examine a broad spectrum of patients (including patients with and those without pulmonary embolism) and a broad spectrum of patient characteristics (such as age; sex; high, intermediate, or low clinical suspicion of pulmonary embolism; comorbid conditions that may confuse the diagnosis; and size of pulmonary embolism on angiography)?
- What generations of vessels are imaged by CT (lobar, segmental, subsegmental)?
- What is the size of pulmonary embolism on pulmonary angiography (lobar, segmental, subsegmental)?
- What is the reported sensitivity and specificity of CT?
- What are the 95% CIs for sensitivity and specificity?

Criteria used to assess studies that evaluated the safety of withholding anticoagulant therapy on the basis of negative CT results

- Did all patients with negative results on CT have anticoagulant therapy withdrawn or withheld?
- What is the follow-up period (none, ≤ 3 mo, 3–6 mo, > 6 mo)?
- What were the outcomes on follow-up (fatal pulmonary embolism, symptomatic pulmonary embolism, symptomatic deep venous thrombosis)?

* CT = computed tomography.

CT, for the diagnosis of pulmonary embolism (21–23). Helical CT scanning produces a volumetric two-dimensional image of the lung by rotating the detector around the patient. Total acquisition time is less than 30 seconds. Pulmonary embolism appears as a filling defect that may be central, eccentric, or mural and may partially or totally occlude the vessel.

Helical CT is minimally invasive and can help identify other disorders that may be responsible for the patient's symptoms. However, it is expensive to perform and interpret; it requires that a contrast agent be intravenously injected; and it is often difficult or impossible to perform in patients who require ventilation, are hemodynamically unstable, or cannot cooperate. Some researchers have recommended helical CT as a first-line replacement for lung scans and pulmonary angiography (23–25), and others have suggested that diagnostic algorithms based on helical CT be used in selected patients (24, 26, 27). Several experts have called for more research (24–26, 28).

Because of the debate about the role of helical CT in the diagnosis of pulmonary embolism (29), we performed a systematic review of the literature (30). Our review had two objectives: to determine the sensitivity and specificity of helical CT for the diagnosis of pulmonary embolism in symptomatic patients, and to determine the safety of withholding anticoagulant therapy without further objective testing for venous thromboembolism in patients who

have clinically suspected pulmonary embolism and negative results on helical CT.

Methods

Literature Search and Data Sources

We searched the MEDLINE database for literature published from 1986 through November 1999. The MeSH terms *pulmonary embolism* and *tomography, x-ray computed* were used in separate searches, and studies found during each search were combined. Limits were set for human only and English language only. We supplemented this reference list by cross-checking bibliographies of retrieved articles to identify additional studies.

Study Selection and Data Extraction

Before performing the literature review, we defined criteria for inclusion of studies and for assessing the validity of these studies (31). We decided a priori to include all prospective studies identified by the literature search, including abstracts. Retrospective studies, review articles, and case reports were excluded.

Two of the authors reviewed each article or abstract independently using the criteria outlined in **Table 1**. These criteria were established a priori before the articles were reviewed, according to established methodologic standards for evaluation of diagnostic tests (32, 33). Different criteria were used to assess studies that evaluated the sensitivity and specificity of helical CT for diagnosis of pulmonary embolism and studies that evaluated the safety of withholding anticoagulant therapy in patients with negative results on helical CT. A third independent reviewer resolved disagreements by adjudication.

Data Synthesis

Literature Search and Data Sources

The literature search identified 20 articles (34–53) and 6 abstracts (54–59). Five articles were excluded; 4 were retrospective studies (49–52), and 1 was a series of case reports (53). The abstracts were excluded from further analysis because they reported the results of subsequent articles or contained insufficient information for evaluation of study validity. Fifteen original prospective studies (34–48) were assessed by using the criteria in **Table 1**. Of these 15 studies, 13 were unique. Two studies by van Rossum and colleagues (38, 40) included some of the same patients (van Rossum AB. Personal communication). These studies evaluated 249 and 149 patients, respectively (38, 40) (**Table 2**).

Study Appraisal

Table 2 summarizes the results of our assessment

Table 2. Prospective Studies Evaluating the Use of Helical Computed Tomography in the Diagnosis of Suspected Pulmonary Embolism*

Study (Reference)	Year	Patients	Patients Who Had Angiography	Included Consecutive Patients	Blind Interpretation†	Included a Broad Spectrum of Patients	Vessels Imaged	Vessels in Which Size of Pulmonary Embolism Was Determined by Angiography	Sensitivity		Specificity		Follow-up
									<i>n</i>	% (n/n)	<i>n</i>	% (n/n)	
Remy-Jardin et al. (34)	1992	42	42	–	Yes	Yes	Lobar, segmental, subsegmental	Lobar, segmental	100 (36/36)	95 (18/19)	None		
Blum et al. (35)‡	1994	10	10	No	Yes	No	Lobar, segmental, subsegmental	–	100 (7/7)	100 (3/3)	None		
Dresel et al. (36)	1995	25	0	Yes	Yes	–	Lobar, segmental	NA	NA	NA	None		
Goodman et al. (37)	1995	20	20	No	Yes	–	Lobar, segmental, subsegmental	Lobar, segmental, subsegmental	64 (7/11)	89 (8/9)	None		
van Rossum et al. (38)§	1996	249	45	Yes	No	–	Lobar, segmental, subsegmental	–	90 (37/41)	97 (36/37)	None		
Remy-Jardin et al. (39)	1996	75	75	–	Yes	–	Lobar, segmental	–	91 (39/43)	100 (25/25)	None		
van Rossum et al. (40)§	1996	149	56	–	–	–	–	Lobar, segmental, subsegmental	94 (64/68) 82 (56/68)	96 (78/81) 93 (75/81)	None		
Sostman et al. (41)§	1996	53	21	–	Yes	–	Lobar, segmental, subsegmental	Lobar, segmental, subsegmental	77 69 62 77 92	93 100 100 80 73	None		
Russi et al. (42)¶	1997	20	1	No	–	No	–	–	NA	NA	None		
Mayo et al. (43)**	1997	142	41	–	Yes	–	Lobar, segmental	–	87 (40/46)	95 (88/93)	Selected, 3 mo		
Ferretti et al. (44)††	1997	164	15	No	–	No	Lobar, segmental	Lobar, segmental	NA	NA	3 mo		
Cross et al. (45)	1998	39	2	–	No	–	Lobar, segmental, subsegmental	NA	NA	NA	Retrospective record review		
Garg et al. (46)	1998	185	26	No	Yes	–	Lobar, segmental, subsegmental	–	67 (4/6)	100 (18/18)	Selected, 5–42 wk		
Drucker et al. (47)	1998	47	47	No	–	–	Lobar, segmental, subsegmental	Lobar, segmental	60 (9/15) 53 (8/15)	81 (26/32) 97 (31/32)	None		
Kim et al. (48)**	1999	110	7	No	No	–	Lobar, segmental	–	92 (23/25)	88 (75/85)	Record review, 3–27 mo		

* NA = not applicable.

† Computed tomography (CT) and the reference test were assessed independently.

‡ Included only patients with suspected "massive" pulmonary embolism.

§ Combined reference standards were used for the presence of pulmonary embolism (positive results on angiography or high-probability ventilation–perfusion scan) or the absence of pulmonary embolism (normal results on ventilation–perfusion scan or negative results on angiography).

|| Included multiple readers.

¶ Included only patients with positive results on CT.

** Included CT results as part of the reference standard for the presence or absence of pulmonary embolism.

†† Included only patients who had negative results on duplex ultrasonography of the legs and intermediate-probability ventilation–perfusion lung scans.

of the 15 prospective studies. Only 2 studies (36, 38) explicitly stated that a consecutive series of all patients with suspected pulmonary embolism was evaluated. In 8 studies, helical CT and pulmonary angiography were interpreted independently (34–37, 39, 41, 43, 46). Only 1 study (34) included enough data to allow us to conclude that a broad spectrum of patients had been evaluated. Thirteen articles included a description of the size of the vessels imaged by helical CT (34–39, 41, 43–48). Six studies described the size of the pulmonary embolism on angiography (34, 37, 40, 41, 44, 47).

Sensitivity and Specificity

The reported sensitivity of helical CT ranged from 53% to 100%, and the reported specificity

ranged from 81% to 100% (Table 2). Only four articles reported 95% CIs (40, 41, 44, 46).

Safety of Withholding Anticoagulant Therapy

No prospective study was identified in which anticoagulant therapy was withheld without additional testing for venous thromboembolism in consecutive patients who had suspected pulmonary embolism and negative results on helical CT. One study prospectively followed up selected patients who had suspected pulmonary embolism and negative results on helical CT (44). Patients were eligible if they had an intermediate-probability ventilation–perfusion lung scan and negative results on duplex ultrasonography of the legs. Computed tomography yielded positive results in 39 of 164 patients and negative

results in 125 of 164 patients. Pulmonary angiography was performed in 15 of these 125 patients and showed pulmonary embolism in 1 patient. All 15 patients were treated with anticoagulant therapy. A total of 109 patients with negative results on helical CT did not receive anticoagulant therapy and were followed for 3 months. Fatal pulmonary embolism was strongly suspected in 1 patient who died 10 days after study entry. In addition, high-probability ventilation–perfusion lung scans documented symptomatic pulmonary embolism in 2 patients at 2 months and 3 months of follow-up (44).

Discussion

We sought to determine the sensitivity and specificity of helical CT for the diagnosis of pulmonary embolism and the safety of withholding anticoagulant therapy in patients with negative results on helical CT. Our results support four major inferences.

First, none of the studies met all of the methodologic criteria for adequately evaluating the sensitivity and specificity of a diagnostic test (32, 33). Several studies were missing key data on the methods used to select patients, whether helical CT and the reference test were interpreted independently, and whether the study sample included a broad spectrum of patients with suspected pulmonary embolism. Details were often missing on the clinical features of patients at presentation, the size of pulmonary embolism on angiography, and the presence or absence of comorbid conditions that may have confused the diagnosis. All studies to date have included relatively few patients who underwent both helical CT and an appropriate reference test.

Second, a wide range of sensitivity (53% to 100%) was reported for helical CT (Table 2). Two recent studies reported sensitivities of 60% and 67% (46, 47), and in one of these studies (47) all cases of pulmonary embolism documented by pulmonary angiography involved segmental or lobar arteries. The wide range of sensitivity among these studies may be due to differences in patient selection, extent of pulmonary embolism, technology and testing methods (including pitch, collimator thickness, and the concentration of the contrast agent), methods of interpretation (workstations or hard copy, windowing of images), reader experience, and interobserver variation.

Third, our results suggest that interobserver variation is a potentially important limitation of helical CT. Three studies reported interobserver variation in the sensitivity and specificity of helical CT (40, 41, 47). In two of these studies (40, 41), sensitivity differed substantially among observers. Sostman and colleagues (41) reported a range of 62% to 92%

among 5 observers. In a study by van Rossum and coworkers (40), one observer reported a sensitivity of 82% and another reported a sensitivity of 94%. In addition, two studies (41, 47) found clinically important differences in specificity among observers. Sostman and colleagues (41) reported a range of 73% to 100% among 5 observers. Drucker and coworkers (47) found that one observer reported a specificity of 81% and another reported a specificity of 97%. Observer variation and error in the interpretation of radiologic tests is a general problem (60, 61) that also occurs with other imaging tests for venous thromboembolism (3, 62, 63).

Fourth, no study has adequately evaluated the safety of withholding anticoagulant therapy without additional testing for venous thromboembolism in patients who have negative results on helical CT. Because of this, and because several studies have reported a low sensitivity for helical CT (37, 41, 46, 47), it may not be safe to withhold anticoagulant therapy on the basis of negative CT test results. Four studies—one prospective study (44) and three retrospective reviews of medical records (45, 51, 52)—have attempted to evaluate the safety of withholding anticoagulant treatment in patients with negative results on helical CT. In each of these studies, anticoagulant treatment was withheld only in selected patients, and some patients underwent pulmonary angiography or received anticoagulant treatment for other reasons (for example, high clinical suspicion) regardless of negative test results. These studies do not allow us to make definitive conclusions about the safety of withholding treatment on negative CT results because co-intervention with angiography or anticoagulant treatment may have prevented subsequent thromboembolic events.

We conclude that use of helical CT for the diagnosis of pulmonary embolism has not been adequately evaluated. The safety of withholding anticoagulant treatment in a patient with suspected pulmonary embolism and negative results on helical CT is uncertain. On the basis of the current best evidence, clinicians should not use negative results on helical CT as the diagnostic end point for excluding pulmonary embolism. The data indicate that helical CT may fail to detect pulmonary embolism that is shown on angiography to involve segmental or lobar vessels. This result does not support the idea that only clinically unimportant cases of pulmonary embolism go undetected on helical CT. A positive result on helical CT may be useful for establishing the presence of pulmonary embolism and for indicating antithrombotic treatment. However, further testing for venous thromboembolism may be indicated in a patient who has positive results on helical CT and is at high risk for bleeding.

Helical CT has an uncertain role in the diagnosis of suspected pulmonary embolism. The best available evidence does not support the use of helical CT as a first-line test because of the uncertain validity of a negative result and the lack of data from definitive prospective studies on which to base a rigorous cost-effectiveness analysis. In patients with nondiagnostic lung scans, helical CT and angiography are often unnecessary when assessment of cardiorespiratory reserve or use of a clinical model is combined with serial noninvasive testing for deep venous thrombosis (14, 16, 17). Furthermore, studies have shown that the plasma D-dimer assay is a promising test for excluding pulmonary embolism (18, 19) and is much less expensive than helical CT. If these initial results (18, 19) are confirmed in larger prospective studies of patient management, D-dimer assays combined with a clinical model or compression ultrasonography of the legs will markedly limit the need for helical CT or angiography.

At present, helical CT may be useful for establishing a diagnosis of pulmonary embolism in selected patients who have nondiagnostic lung scans, negative results on objective tests for deep venous thrombosis of the legs, and inadequate cardiorespiratory reserve (20) or a high probability of pulmonary embolism according to a clinical model (17). However, the cost-effectiveness of performing helical CT rather than proceeding directly to pulmonary angiography in such patients remains uncertain. There is an urgent need for prospective studies that use the design features outlined in **Table 1** to definitively evaluate the sensitivity, specificity, and cost-effectiveness of helical CT in the diagnosis of suspected pulmonary embolism.

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