

	<b>Policy:</b>	<b>Diagnostic Imaging- X-ray Ankle ( Patient &gt;5 years)</b>
	<b>Number:</b>	
<b>Approved by: MAC November 2008</b>	<b>Manual:</b>	
<b>Signature:</b>	<b>Section:</b>	<b>Medical Directive Emergency</b>
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**Procedure:**

- A ankle x-ray is ordered for the following injuries:

**Indications:**

Pain in the malleolar zone and one or more of the following:

1. Bone tenderness at the posterior edge or distal 6 cm.tip of the lateral malleolus OR
2. Bone tenderness at the posterior edge or the distal 6 cm tip of the medial malleolus OR
3. Inability to bear weight both immediately and in the emergency department 4 steps.

**Contraindications:**

- Known or suspected pregnancy
- Unstable patient-physician to be contacted immediately
- Signs or symptoms of neurovascular compromise in the affected limb-physician to be contacted immediately
- Open fractures will be assessed by the emergency physician directly
- Patient is intoxicated or has other distracting injuries and is unable to follow direction, maintain motor control or is uncooperative

**Guidelines:**

- See Ottawa Ankle Rules poster

**References:**

1. *Stiell IG, et al, " A study to develop clinical decision rules for the use of radiography in acute ankle injuries" Ann Emerg Med. 1992, 21:384-90*
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3. *Stiell IG et al, " Multicentre trial to introduce the Ottawa Ankle Rules for use of radiography in acute ankle injuries: BMJ 1995, 311;594-597*
4. *Markert RJ et al " A pooled analysis of the Ottawa Ankle Rules use on adults in the ED" AM J Emerg Med Oct 1998, 16(6) 564-7*
5. *Wilson DE et al, "Evaluation of patient t satisfaction and outcomes after assessment for acute ankle injuries", Am J Emerg Med 2002, 20(1) 18-22*
6. *Allerston J et al, " Nurse practitioners and the Ottawa Ankle Rules: Comparisons with medical staff in requesting x-rays for ankle injured patients" Accident and Emergency Nursing Apr 2000, 8(2) 110-115*

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7. *Allerston J et al, " A case control study of the transit time through an accident and emergency department of ankle injured patients assessed using the Ottawa Ankle Rules: Accident and Emergency Nursing Jul 2000, 8(3) 148-544*
8. *Mann CF et al " Use of Ottawa Ankle Rules by nurse practitioners" J of ACC and Emerg Med Sept 1998, 15(5) 315-6*
9. *Salt P et al, " Implementation of the Ottawa Ankle Rules by nurses working in an accident and emergency department: Nov 1997, 14(6) 363-5*
10. *Keogh, S., Shari, A& Wijetunge, D. (1998) "Comparison of Ottawa ankle rules and current local guidelines for use of radiology in acute ankle injuries." On the internet: [www.rcsed.ac.uk](http://www.rcsed.ac.uk)*
11. *McRae, R. (1981) Practical Fracture Treatment. Churchill Livingstone; London.*
12. *Dowling S et al. Accuracy of Ottawa Ankle Rules to exclude fractures of the ankle and midfoot in children: A Meta-analysis. Arch Emerg Med 2009;16:277-287*