



Choosing Wisely International

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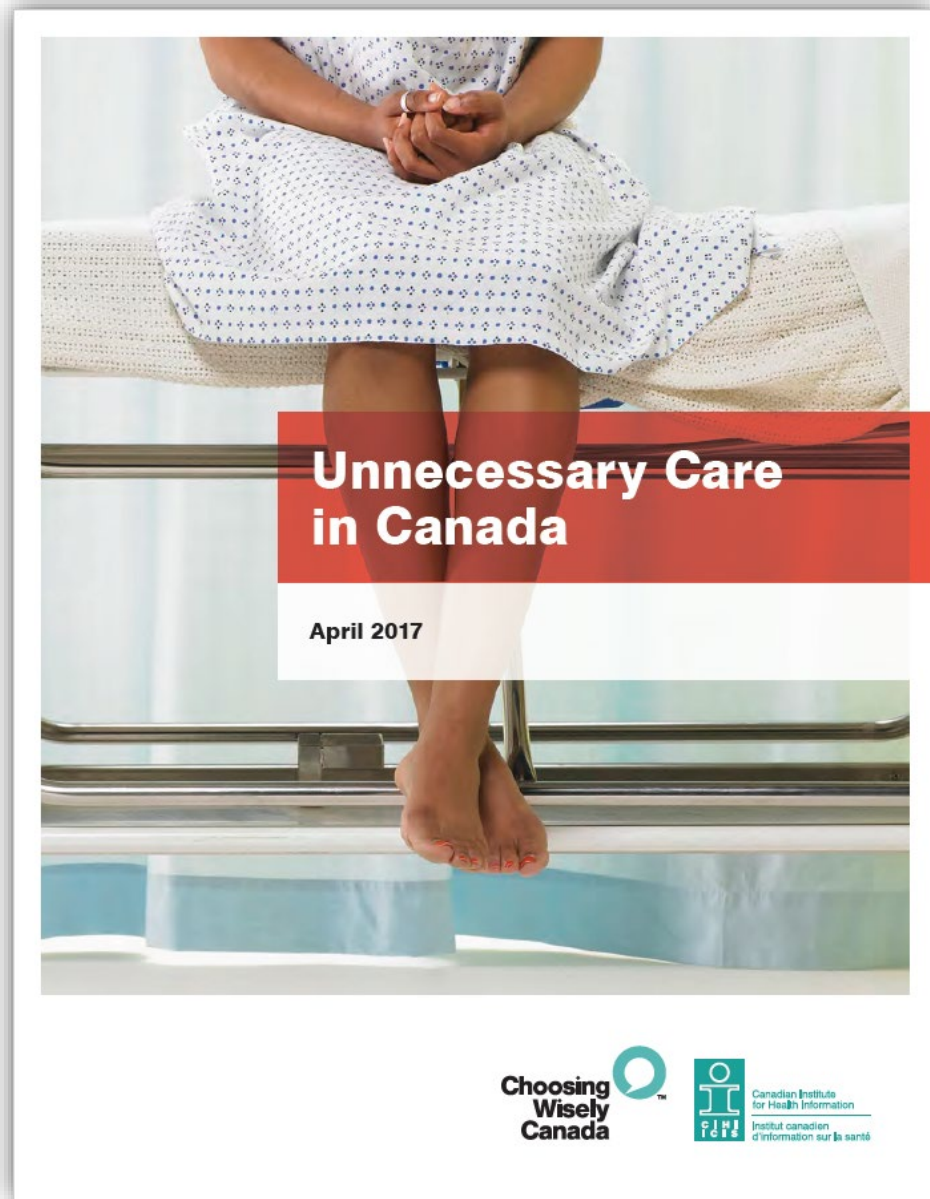
History



- Choosing Wisely Canada began in 2014
- Now over 35 countries in the world engaged
- Slow Medicine Italy launched in 2014



Sobria
Rispettosa
Giusta



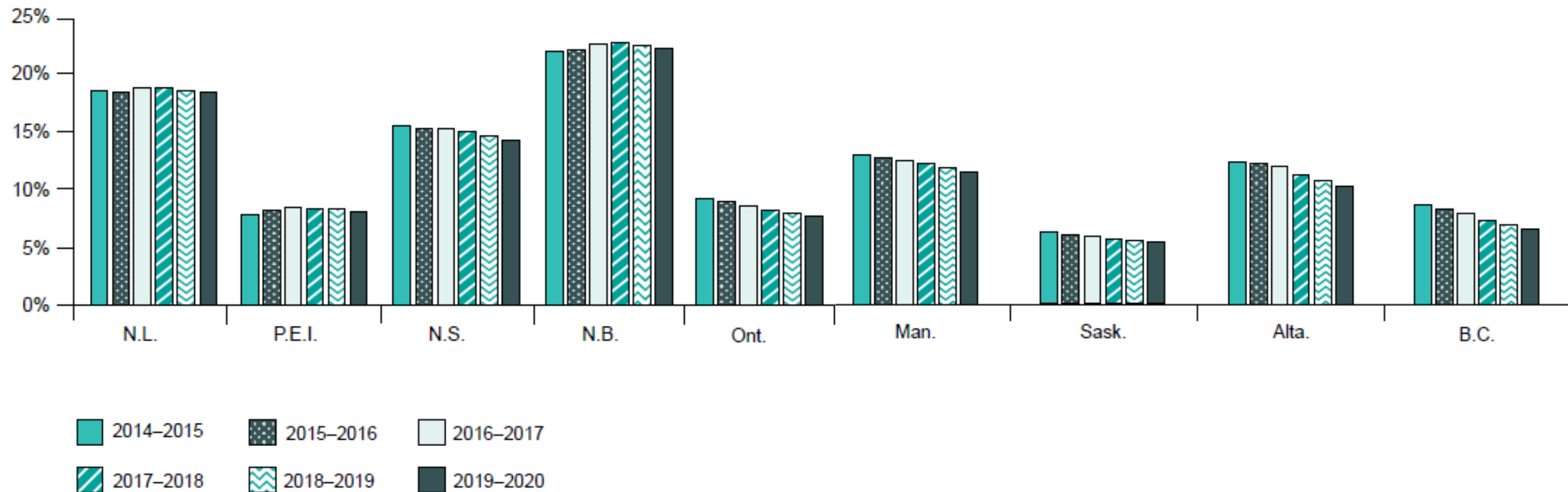
- 2017 Report: **30%** of tests/treatments are unnecessary

Key findings



1 in 10 seniors in Canada uses a benzodiazepine (sedative–hypnotic) on a regular basis, even though this is not recommended by experts.

Rates of chronic use of benzodiazepines and other sedative–hypnotics declined across most jurisdictions





Overuse of Tests and Treatments in Canada

Progress Report
November 2022

**Choosing
Wisely
Canada**

**Canadian Institute
for Health Information**
Institut canadien
d'information sur la santé

Second Report (2022)

Has Canada made progress
in reducing overuse?

8 of the 12 tests and treatments declined by 10% or more between 2014–2015 and 2019–2020



The red blood cell transfusion rate in hospitalized patients was 6.3%

(New Brunswick, Quebec, Ontario, Manitoba and Saskatchewan).



Daily physical restraints in long-term care occurred in fewer than 1 in 20 residents

(Newfoundland and Labrador, Nova Scotia, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Yukon).



1 in 12 older adults

used benzodiazepines and other sedative–hypnotics regularly (all provinces except Quebec).



1 in 5 long-term care residents

were taking antipsychotics without a diagnosis of psychosis (Newfoundland and Labrador, Nova Scotia, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Yukon).



42% of Canadians with a cervix age 18 to 24 reported receiving a Pap test in the previous 3 years.



1 in 5 patients who had low-risk surgery had a preoperative test

(Nova Scotia, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia).



The total volume of antibiotics, measured by the World Health Organization's standardized defined daily dose, was **13 per 1,000 population per day** (Manitoba, Saskatchewan and British Columbia).



The rate of knee arthroscopies in **adults age 60 and older was 99 per 100,000** across Canada, except Quebec, even though most are inappropriate regardless of the diagnosis.





3 in 10 children who visited the emergency department

for asthma or bronchiolitis received a chest X-ray (Ontario, Alberta and Yukon).



Across Nova Scotia, Ontario, Manitoba, Alberta and British Columbia

24% to 31%

of patients with lower-back pain without red flags (certain worrisome symptoms) received diagnostic imaging.



The Caesarean section rate among low-risk deliveries was

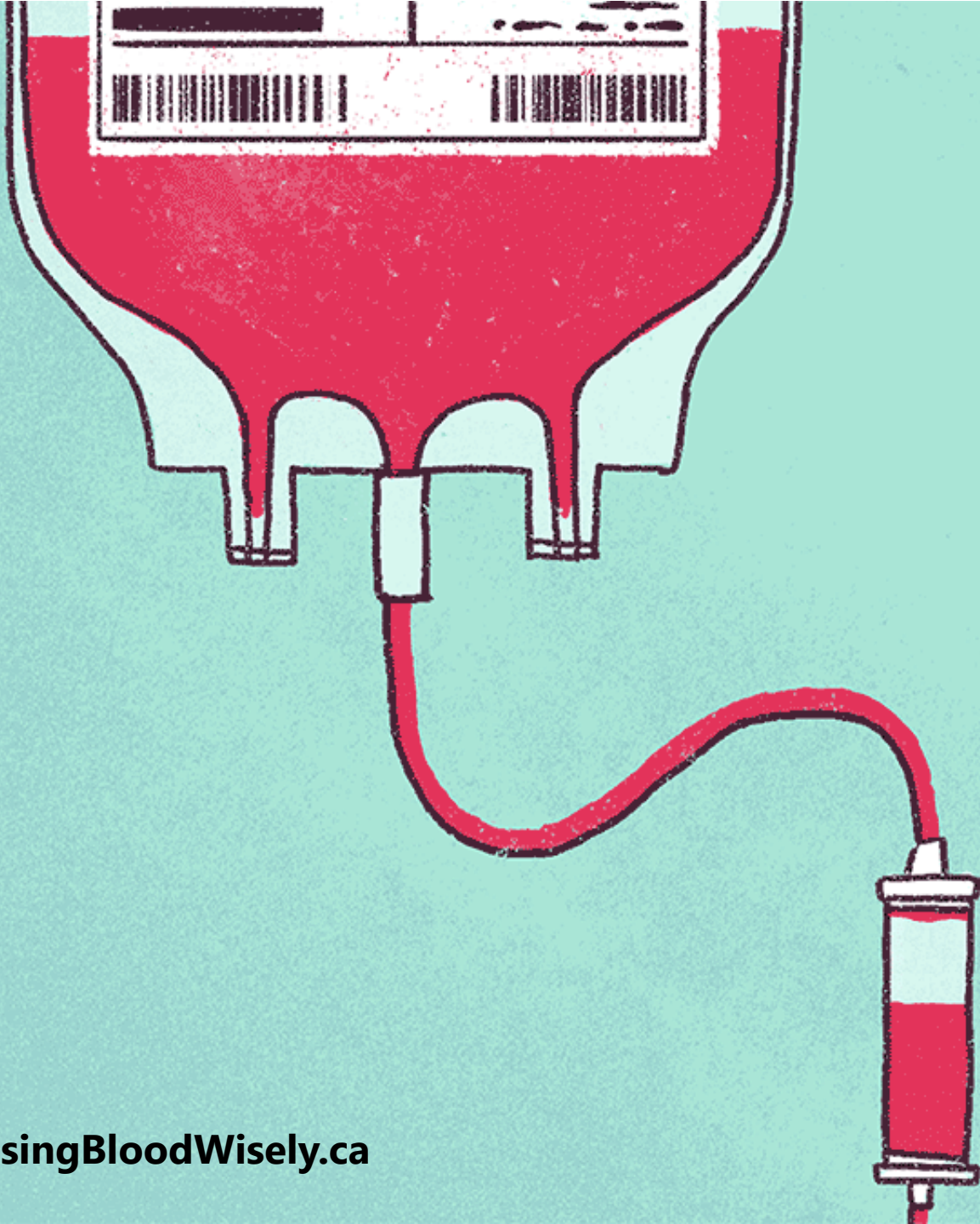
1 in 6

(Canada, except Quebec).



The rate of diagnostic imaging for adults who visited emergency departments for **minor head trauma without red flags was 1 in 3 patients** (Ontario, Alberta and Yukon).





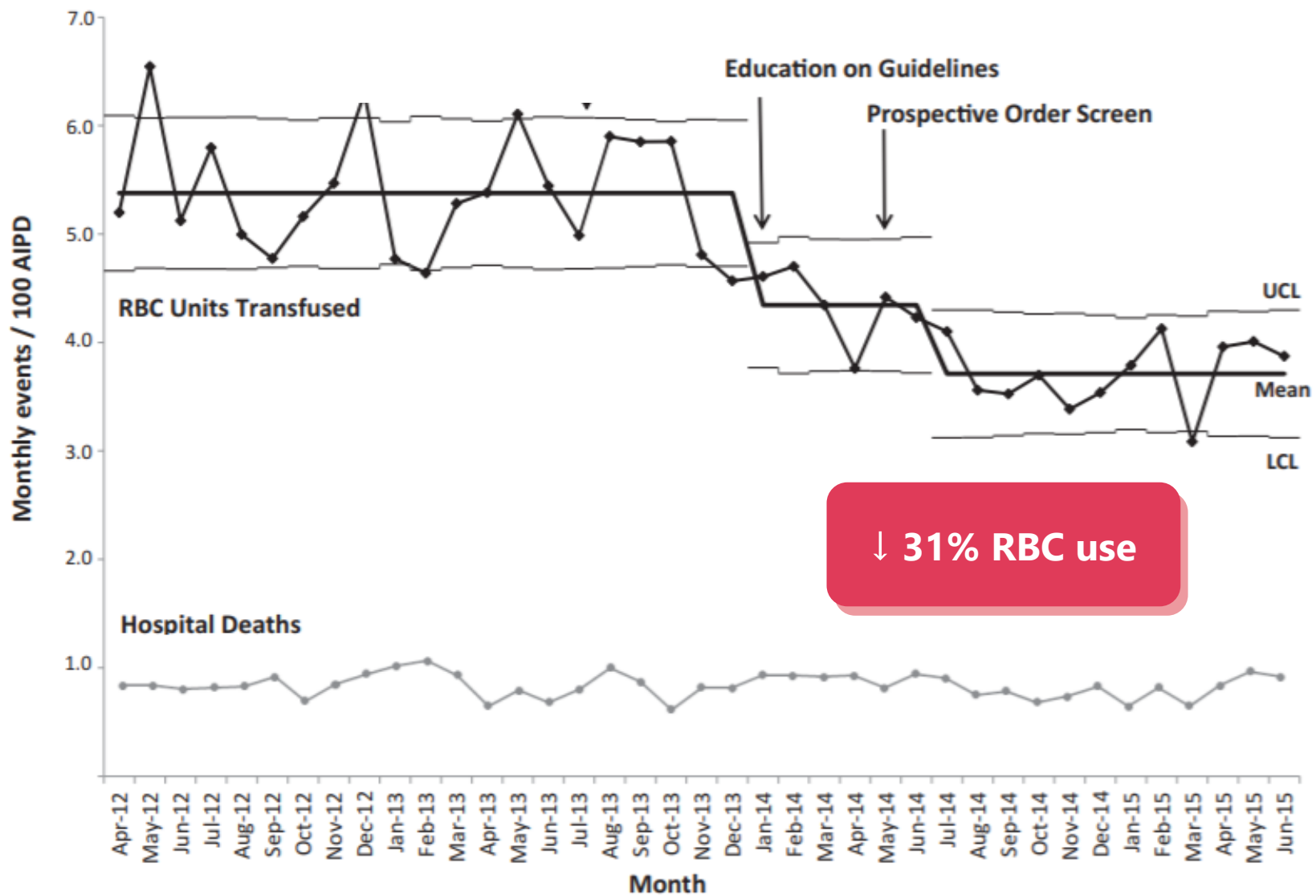
Make every drop count.

Is your hospital using blood wisely?
Take the challenge.

**Using
Blood
Wisely.**

An initiative of:
Choosing Wisely Canada
Canadian Blood Services

UsingBloodWisely.ca



Benchmarks

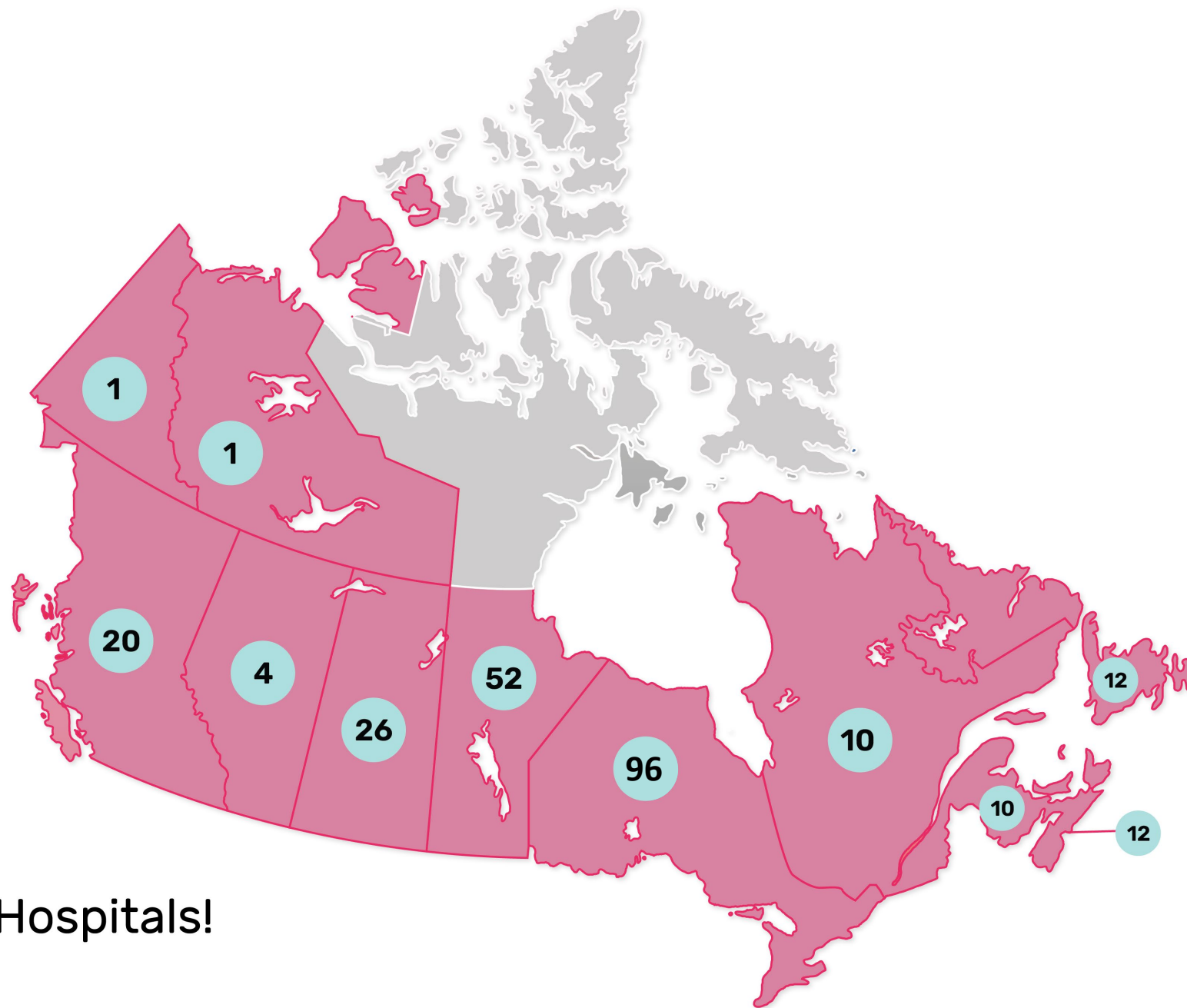
- At least **65%** of red blood cell transfusion episodes are single unit, and
- At least **80%** of inpatient red blood cell transfusions have a pre-transfusion Hb 80 g/L or less



ACCREDITATION
CANADA

Using Blood Wisely.

An initiative of:
Choosing Wisely Canada
Canadian Blood Services
Héma-Québec



245 Participating Hospitals!



Using Labs Wisely

Program Design



**Routine
Submission
of Data**



**Quality
Improvement
Plan (QIP)**



**Learning
Collaborative**

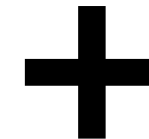
Support from Hospital Administration

Using Labs Wisely: Areas of Focus

STANDARD INDICATORS (DATASET SENT TO GEMINI)

- Reduce Urea (compared to Cr)
- Reduce Folate
- Reduce CK-MB

- Reduce PTT (compared to PT/INR)
- Reduce AST (compared to ALT)



ADDITIONAL LAB PRIORITY AREAS (QIP)

- Other hospital-directed lab test priorities (e.g., daily labs, ESR, Vitamin D, etc.)

Reporting period: January 1, 2018 to December 31, 2022

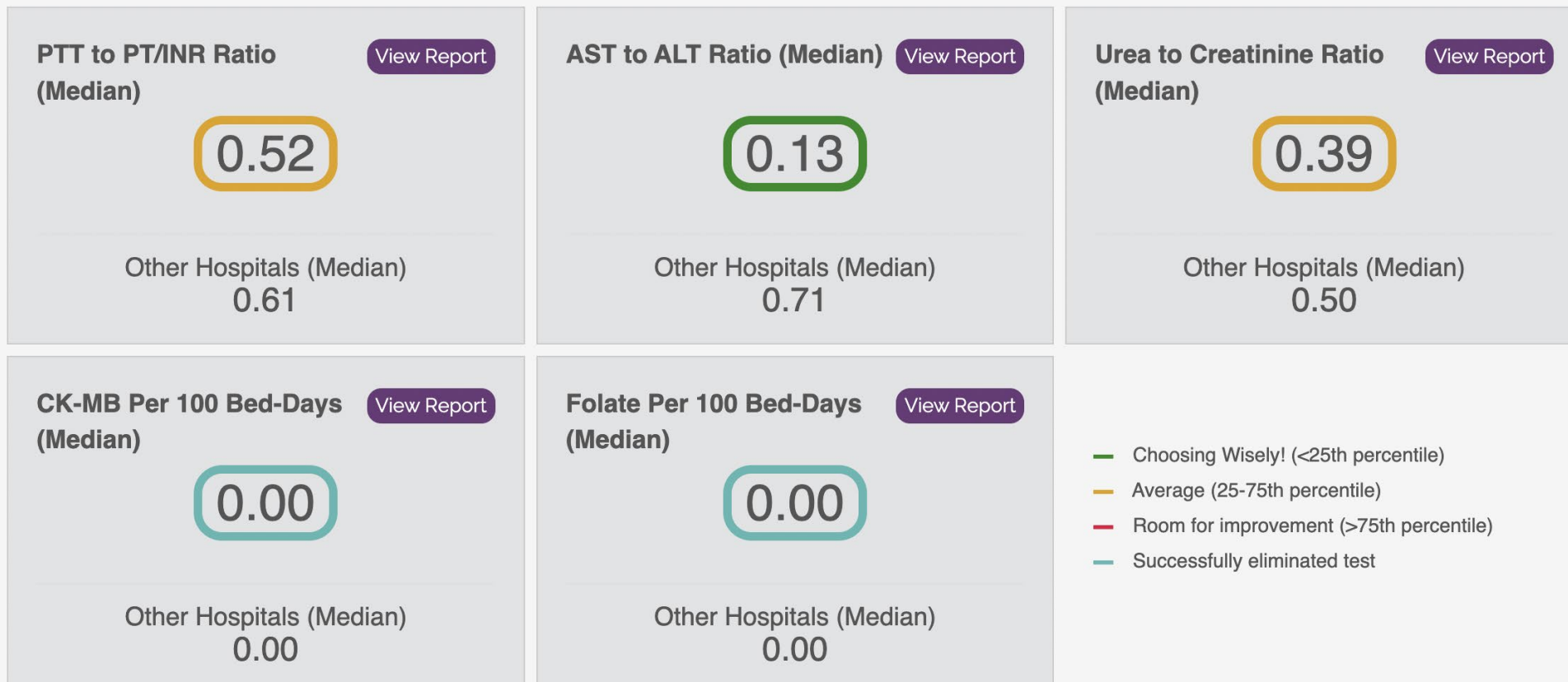
Release Date: May 8, 2023

Version: 1.0

Indicator Interpretation

For ratio measures, a **ratio closer to 0** indicates greater success in reducing the test compared to the coupled test. A **ratio closer to 1** indicates the test is still often ordered with the coupled test.

For measures calculated per 100 bed-days, this reflects the frequency of test ordering for every 100 patient days in hospital; a **value closer to 0** indicates greater success in reducing the test.



Using Labs Wisely To-Date:

- 124 participating sites from across 7 provinces
- Next cohort goes live January 2024
- 29 hospitals rewarded certification (1-year participation)
- 40 hospitals received comparative reports

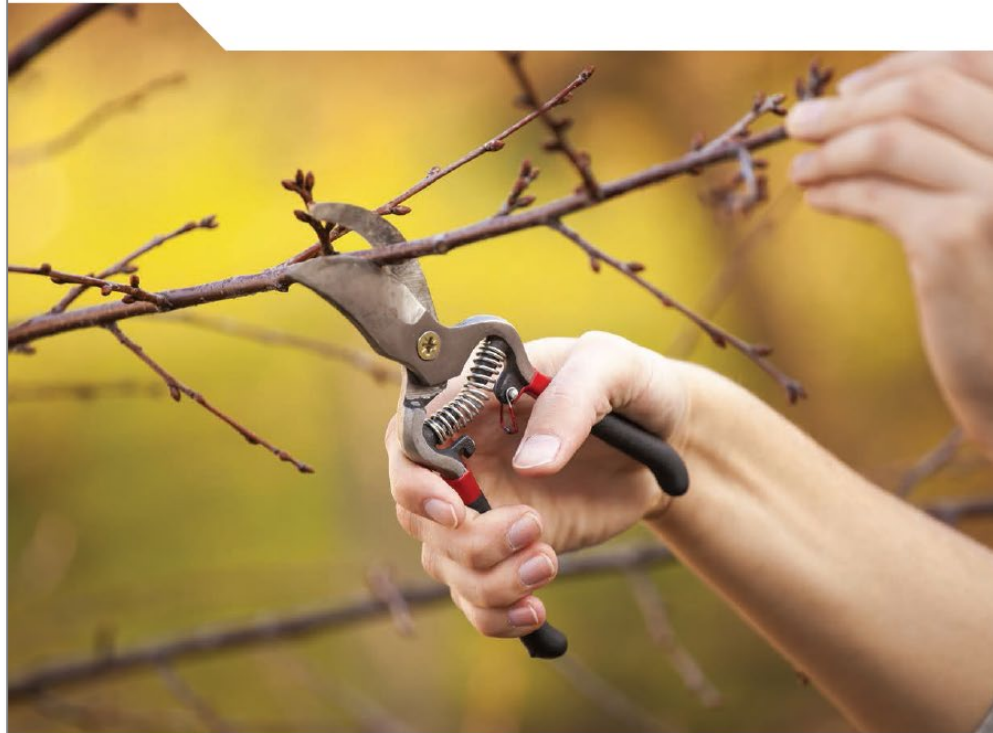




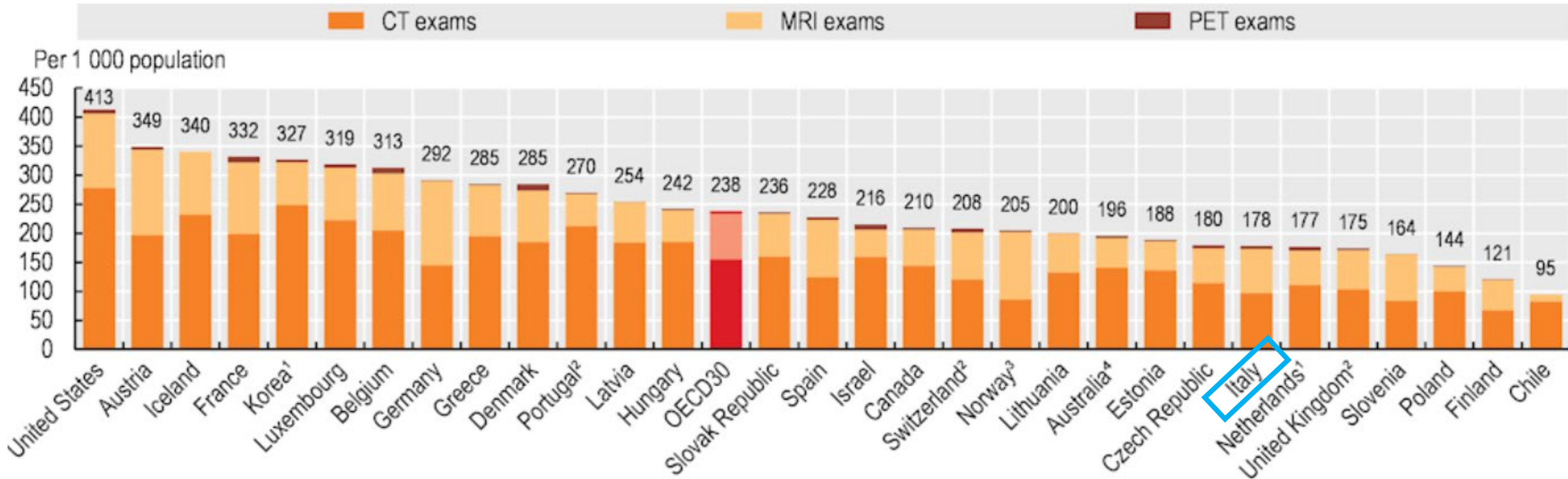
11th Choosing Wisely International Roundtable in Oslo - 2023



Tackling Wasteful Spending on Health



CT, MRI and PET exams, 2019 (or nearest year)



Source: OECD Health Statistics 2021.

1. Privately funded exams are not included.



1. Benefits of Choosing Wisely in Practice

- Avoiding harm to patients
- Decreasing waste
- Improving access to high-value care

Everything we do has a carbon footprint



New Recommendation – Respiratory Medicine

Canadian Thoracic Society:

Don't prescribe metered-dose inhalers (MDIs) for asthma and/or COPD where an alternative inhaler with a lower carbon footprint containing medications with comparable efficacy is available, and where the patient has demonstrated adequate technique and patient preference has been considered.



New Recommendation – Gastroenterology

Canadian Association of Gastroenterology:

Do not conduct in-person visits for GI care when a virtual visit can be performed and is clinically appropriate (for example - routine follow-up visit, post-endoscopy review of normal biopsy results, etc.,) and is preferred by the patient.



1

**Choose
Wisely in
Practice**



2

**Build
Sustainable
Approaches Into QI**



3

**Advocate
for a Climate-Friendly
Health Care System**





Conclusion

- Choosing Wisely has resonated around the world
- We can share learnings and tools
- The real challenge is IMPLEMENTING the recommendations
- **It is all about CULTURE.**