

Choosing Wisely Canada

A Message from McMaster's Students Advocating for Resource Stewardship Group (STARS):

With the introduction to the clinical environment comes a need to advocate for proper resource allocation. The Choosing Wisely Canada recommendations will be the student's guide to evidence-informed decision making. STARS has selected a few recommendations that students are likely to encounter on their Family Medicine rotation. We urge students to initiate discussions around unnecessary testing with residents and staff.

Initiating these discussions may be intimidating! It is important to remember that a respectful and polite tone can help when questioning medical decisions. Resource stewardship qualities are embedded in the Canadian Family Medicine Curriculum. Students will be eligible for MacDOTs and ECEs from these discussions.

The below slides are sent to students as they begin their Family Medicine rotation.



Choosing Wisely Canada - Family Medicine

High-Yield Recommendations		The Evidence
1. Don't use antibiotics for upper respiratory infections that are likely viral in origin or self-limiting (< 7 days)...	➡	The vast majority of upper respiratory tract infections (URTI) are viral and will not benefit from antibiotics, which may actually cause harm.
2. Don't do annual screening blood tests unless directly indicated by the risk profile of the patient...	➡	Annual blood testing has shown little benefit in asymptomatic patients and may result in false positives.
3. Don't do annual physical exams on asymptomatic adults with no significant risk factors...	➡	Most chronic diseases which benefit from early detection take longer than 1 year to develop, so preventative health checks should be performed at time intervals suggested by guidelines rather than annually

For the full list of recommendations:
<https://choosingwiselycanada.org/family-medicine/>

Choosing Wisely Canada - Family Medicine

Why?

- Shows that you are engaged, informed, and passionate about patient care
- ECE: "Preventative health care - male, female"
- MacDOT: "Communicate with a patient (and/or family) about how evidence-based information contributed to clinical decision-making"; "Provide counseling to a patient regarding preventative health strategies"
- **Family Medicine Clerkship Objectives:** "Demonstrate an approach to health promotion and disease prevention during patient encounters that reflect best evidence and patient preferences and values"; "Discuss evidence-based approaches to patient care and the challenges of applying guidelines to individual patients."

Case Scenario

35y F with rhinorrhea, cough and sinus congestion. Physician orders antibiotics for URTI.

"Dr. H, I noticed that you ordered antibiotics for this patient. I've read conflicting recommendations on the use of antibiotics for URTI, and was wondering why you chose to give them to this patient?"

Further Reading:

American Academy of Family Physicians List:

<http://www.choosingwisely.org/societies/american-academy-of-family-physicians/>

CMPA Article "The Right Test at the Right Time":

<https://www.cmpa-acpm.ca/en/advice-publications/browse-articles/2014/the-right-test-at-the-right-time-striking-the-proper-balance?platform=hootsuite>