Choosing Wisely: An Idea Worth Spreading

This project – funded by ARTIC – improves quality care by helping clinicians and patients engage in conversations about unnecessary tests and treatments.

More is not always better

Up to 30% of healthcare services may be unnecessary and unlikely to benefit patients, evidence shows. They may even lead to longer wait times and be harmful.

Choosing Wisely is spreading

**5 Hospitals & 6 Family Health Teams**

Between 2016 and 2018, the project aimed to spread Choosing Wisely recommendations, tools and resources across 5 hospitals and 6 Family Health Teams.

**2,500+**

physicians working at these sites have increasingly adopted Choosing Wisely.

Choosing Wisely led to less unnecessary tests and treatments

**Family Health Teams**

- **over 2,260** patients have stopped or reduced medications like proton pump inhibitors (PPI), Glyburide or Sedative Hypnotics

  - **18.3%** reduction in the use of PPI for upper gastrointestinal problems (*9,911*)
  - **20.8%** reduction in the use of sedative hypnotics in patients age 65 and older (*7,779*)
  - **70.2%** reduction in Glyburide (a drug that is known to cause serious side effects, such as hypoglycemia) in patients age 65 and older (*104*)

**Hospitals**

- **~ 500,000** Emergency Department patient visits are less likely to have unnecessary laboratory tests annually

- **~ 150,000** surgical cases now receive pre-operative testing consistent with Choosing Wisely recommendations annually

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ARTIC (Adopting Research to Improve Care) is a program of Health Quality Ontario and the Council of Academic Hospitals of Ontario. Choosing Wisely Ontario is a collaborative effort organized by Health Quality Ontario and Choosing Wisely Canada.