



A COUNCIL OF MEDICAL COLLEGES
IN NEW ZEALAND CAMPAIGN
and part of Choosing Wisely work internationally.

***Encouraging evidence based
conversations and improving the quality
of care***

For the ANZICS NZ regional meeting
April 2017



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HEALTH PROFESSIONALS

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A photograph of a doctor in a dark blue scrub top sitting at a desk and talking to a woman and a young child. The woman is smiling and looking at the doctor. The child is also looking towards the doctor. The background shows a typical clinic setting with a computer monitor, keyboard, and various papers on the wall.

**MORE, ISN'T ALWAYS BETTER.
SO LET'S TALK BETTER CARE.**



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A photograph of three people in a clinical or office setting. On the left is a woman with short blonde hair wearing a patterned top. In the center and right are two men in light blue shirts, one wearing glasses and a blue lanyard. They appear to be in a discussion or meeting.

**CHOOSING WISELY IS A GLOBAL
INITIATIVE TO STOP UNNECESSARY
TESTS AND TREATMENTS.**

Now in 18 countries including New Zealand



Australia



Austria



Brazil



Israel



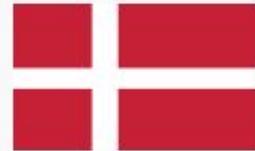
Italy



Japan



Canada



Denmark



England



Netherlands



New Zealand



South Korea



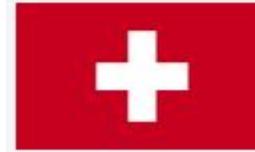
France



Germany



India



Switzerland



United States



Wales

Core principles of a Choosing Wisely campaign

- Health professional-led
- Patient-centered
- Multi-professional
- Evidence-based
- Transparent
- Quality care and harm reduction



What care are we talking about?

- Care that gives little or no benefit to patients.
- Care where the risk of harm exceeds likely benefit.

*Our ability to help the sick/injured
is soon to be outstripped by our propensity to harm the healthy*

Dr Ray Moynihan, BMJ

Is there “low value” healthcare in NZ?

- HQSC Atlas of variation suggests yes
- ASMS and NZMA assisted CMC to survey doctors (1318 responses):
- 49.7% believe the provision of unnecessary tests, treatment and procedures is a serious or somewhat serious issue in their area of practice
- When this question was expanded to ask about the NZ health sector as a whole, rose to 61.6%

Implementation in New Zealand

- Step 1** Engaging with a wide group of health professionals and with consumers.
- Step 2** Encouraging practitioners to develop recommendations.
- Step 3** Working with services to implement recommendations.
- Step 4** Evaluation and measuring changes.

Engaging with health professionals

- 17 Medical Colleges and specialty societies working in New Zealand have developed about 90 recommendations
- Other health professions are now looking at what can be achieved in their area e.g. midwives and allied health.

Engaging with patients and consumers

Promoting shared decision making

Need accessible, plain language materials for the public to encourage these conversations to ensure consumers:

- **get the right procedures and treatment options**
- **do not take part in unnecessary tests and procedures**
- **are fully informed so they are able make the right choices for themselves**
- **use the New Zealand website as a prime tool.**



Highlighting four questions patients should ask

1. Do I really need to have this test, treatment or procedure?
2. What are the risks?
3. Are there simpler safer options?
4. What happens if I do nothing?

What is happening in ANZICS?

The Society and College have developed five recommendations with evidence and supporting information- see <http://choosingwisely.org.nz/professional-resource/anzics/>



This section provides recommendations about tests, treatments, and procedures developed by Australasian and New Zealand Colleges and specialist societies that healthcare professionals and patients and consumers should question. Each recommendation is based on the best available evidence. Some also give resources to assist health professionals.

They are not prescriptive but are intended as guidance to start a conversation about what is appropriate and necessary. As each situation is unique, healthcare professionals and patients should use the recommendations to collaboratively formulate their own appropriate healthcare plan together. In the patient section of the website there are resources that may be helpful for your patients.

RECOMMENDATIONS & RESOURCES

Australasian Chapter of Sexual Health Medicine

The Australasian Chapter of Sexual Health Medicine (ACSHEM) is a Chapter of the Royal Australasian College of Physicians (RACP) Adult Internal Medicine Division that connects and represents Sexual Health Medicine Fellows and trainees in Australia and New Zealand.

→ Read the recommendations & resources

Australasian College for Emergency Medicine

Haematology Society of Australia and New Zealand

Founded in 1968, The Haematology Society of Australia and New Zealand (HSANZ) seeks to promote, foster, develop and assist the study and application of information concerning haematology, and to promote improved standards, interest and research in all aspects of haematology.

→ Read the recommendations & resources



AUSTRALIAN AND NEW ZEALAND INTENSIVE CARE SOCIETY

The Australian and New Zealand Intensive Care Society is the leading advocate on all intensive care related matters. ANZICS leads the world in intensive care research through its Clinical Trials Group and patient databases, including the Adult Patient Database, the Paediatric Intensive Care Registry and Critical Care Resources.

How was this list created?

A working group from CICM and ANZICS was formed

- Developed a list of 12 items to reduce the number of unnecessary tests and interventions performed in ICU
- All CICM Fellows and ANZICS members were surveyed to develop a consensus view
- 6 items were clearly favoured and two of these were combined to develop the final 5 recommendations.

What is on the list?

1. For patients with limited life expectancy (such as advanced cardiac, renal or respiratory failure, metastatic malignancy, third line chemotherapy) ensure patients have a 'goals of care' discussion at or prior to admission to ICU and for patients in ICU who are at high risk for death or severely impaired functional recovery, **ensure that alternative care focused predominantly on comfort and dignity is offered to patients and their families.**
2. **Remove all invasive devices**, such as intravascular lines and urinary catheters, as soon as possible.
3. **Transfuse red cells for anaemia** only if the haemoglobin concentration is less than 70gm/L or if the patient is haemodynamically unstable or has significant cardiovascular or respiratory comorbidity.
4. **Undertake daily attempts to lighten sedation** in ventilated patients unless specifically contraindicated and deeply sedate mechanically ventilated patients only if there is a specific indication.
5. Consider **antibiotic de-escalation** daily.

What can be done at the service level

- ✓ Engage the whole health care team.
- ✓ Ask groups to select and implement some recommendation(s) to focus on.
- ✓ Make Choosing Wisely and overuse discussions part of the cultural norm.
- ✓ Measure progress and feedback to the team.
- ✓ Include case study discussions as a item at staff meetings.
- ✓ Promote the '4 questions to patients.
- ✓ See the Choosing Wisely guide.

IMPLEMENTING CHOOSING WISELY PRINCIPLES IN A SERVICE

THIS GUIDE COVERS

This guide is intended to provide basic information and tools to help you to start implementing your Choosing Wisely campaign. You can then tailor your campaign to your local circumstances and create a vision when reaching the core principles of a Choosing Wisely campaign.

In New Zealand

We have also started to talk to groups like:

- Health Pathways
- Bpac^{nz}



Campaign support in NZ

We have the support of sectors groups such as:

Consumer New Zealand

Health Quality & Safety Commission

Pacific Radiology

Medical Council of New Zealand

NZ Medical Association

ASMS

New Zealand College of Midwifery

Pharmaceutical Society of New Zealand

Cochrane New Zealand

Ko Awatea and many others

Funding from Health Quality Safety Commission, Ministry of Health, CMC. and looking for other assistance.

For more information – www.choosingwisely.org.nz

<http://www.choosingwisely.org.au/> in Australia

<http://www.choosingwiselycanada.org/> in Canada

<http://www.choosingwisely.org/> in the USA

<http://www.choosingwisely.co.uk/i-am-a-patient-carer/> in the UK

Thank you





consumer. now you know

Pacific Radiology



ascia



RCPA



The Royal New Zealand College of General Practitioners



RNZCUC



ANZJPM



ROYAL AUSTRALIAN COLLEGE OF SPORT AND EXERCISE PHYSICIANS

RACP Specialists. Together



ANZICS



PHARMAC



Pacific Radiology

Council of Medical Colleges in New Zealand

RANZCO



NEW ZEALAND COLLEGE OF MIDWIVES



KO AWATEA