

CHOOSING WISELY CANADA

In 2014 Choosing Wisely Canada (CWC) was launched as a national campaign to bring forward a conversation between healthcare providers and the public about care of low value. The campaign revolves around medical professional societies and groups of healthcare providers who put forward evidence-based recommendations to limit low-value care in their areas of practice. This strategy began in the United States through the American Board of Internal Medicine and now has global reach across more than 17 countries.

Since the release of the recommendations, the CAS Choosing Wisely Committee has engaged with national anesthesia groups and others to support implementation and dissemination of these recommendations. For example, presentations to the National Association of PeriAnesthesia Nurses of Canada highlighted our recommendations for them. We have supported knowledge translation and quality improvement efforts, such as the work by Ontario's Anesthesiologists to embed the recommendations in practice.

We have also been a leading partner with the national Choosing Wisely campaign to advance science around effective de-implementation in healthcare. In the spring of 2018, the national Choosing Wisely research network was announced and was successful in obtaining Canadian Institutes of Health Research (CIHR) funding for a series of inter-provincial studies designed to better understand effective practice change strategies. The CAS recommendations are one of two clinical areas being studied through this initiative and members of the CAS Choosing Wisely committee are supporting this work.

In the future, the Committee will reboot the national process to explore adding recommendations to our campaign and will continue to support implementation initiatives by CAS members.

The CAS Choosing Wisely Committee was established to guide the Canadian anesthesia community's participation in this campaign. We led a national conversation among CAS members to identify areas of focus, to bring together the evidence supporting these topics and, in 2015, released the CAS Choosing Wisely recommendations. Each year, the evidence in support of these recommendations is reviewed to ensure they remain up-to-date and relevant for contemporary practice and the Committee hosts a session at the CAS Annual Meeting to highlight updated aspects of the national campaign.

1. Don't order baseline laboratory studies (complete blood count, coagulation testing or serum biochemistry) for asymptomatic patients undergoing low-risk non-cardiac surgery.
2. Don't order a baseline electrocardiogram for asymptomatic patients undergoing low-risk non-cardiac surgery.
3. Don't order a baseline chest x-ray in asymptomatic patients, except as part of surgical or oncological evaluation.
4. Don't perform resting echocardiography as part of pre-operative assessment for asymptomatic patients undergoing low to intermediate-risk non-cardiac surgery.
5. Don't perform cardiac stress testing for asymptomatic patients undergoing low to intermediate risk non-cardiac surgery.



" My clinical work is based at Women's College and Toronto Western Hospital and I hold an academic appointment with the University of Toronto. At Women's College, I serve as Medical Director of the Anesthesia Preadmission Clinic which was the catalyst for my involvement with Choosing Wisely Canada (CWC). Women's College hosts the national evaluation program for CWC. The hospital is a fully affiliated academic institution that is 100% ambulatory, serving as a natural location to study the implementation and impact of the CAS Choosing Wisely recommendations. For me, Choosing Wisely is critically important to maintaining a robust and sustainable healthcare system. Understanding the parts of practice not supported by evidence makes room for the parts that do improve patient outcomes. Understanding how we can effectively implement these strategies in practice makes healthcare stronger and highlights anesthesiologists as leaders within our ever-changing system."

Dr Kyle Kirkham, Chair
Choosing Wisely Canada