

# Teaching Tips

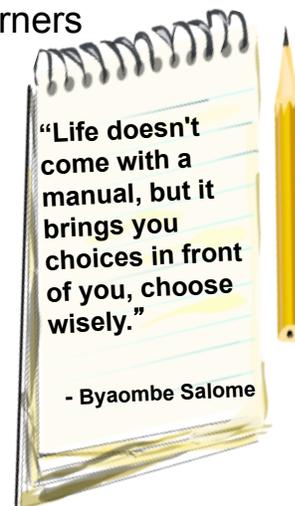
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## Department of Family & Social Medicine Faculty Development E-Newsletter



### Choosing wisely: Teaching cost conscious, high-value care to learners

The Choosing Wisely campaign addresses the obligation to our patients, profession and society to do no harm and be responsible stewards of medical resources. It provides tools to use in conversations to encourage choosing care that is supported by evidence, affordable, and truly necessary. In response to this challenge, more than 70 national organizations asked their specialist providers to “choose wisely”, identifying commonly used tests or procedures whose necessity should be questioned. The American Academy of Family Physicians (AAFP) lists 15 “Things Providers and Patients Should Question” some of which are listed below.



#### Sample Things Physicians and Patients Should Question AAFP recommendations

- Do not perform voiding cystourethrogram (VCUG) routinely in first febrile urinary tract infection (UTI) in children aged 2-24 months.
  - *This may necessitate a re-evaluation of our referral practices.*
- Do not screen adolescents for scoliosis.
  - *Have the school requirements and forms been revised?*

#### Society of Hospital Medicine – Pediatric Hospital Medicine recommendation

- Don't treat gastroesophageal reflux in infants routinely with acid suppression therapy.
  - *How do we work with our colleagues and our patients when infants come from the hospital on acid suppression therapy for reflux?*

#### American Academy of Nursing recommendation

- Don't wake the patient for routine care unless the patient's condition or care specifically requires it.
  - *How can we change overnight hospital protocols to allow patients to get as much sleep as possible?*

We need to teach effective communication techniques to explain and reassure patients about why we are or are not recommending certain medications, tests or procedures.

Empathy and legitimation  
Clear recommendation and explanation  
Alternative suggestions  
Partnership and agreement  
Written information

The American Board of Internal Medicine and the Choosing Wisely campaign partnered with Consumer Reports to develop patient-friendly resources in English and Spanish (see side panel). Einstein has its own page to easily search for these brochures.



#### The PSA blood test for prostate cancer

When men need it—and when they don't

#### References / Resources:

Good Stewardship Working, Group. The “Top 5” lists in primary care: Meeting the responsibility of professionalism. Arch Intern Med. 2011;171(15):1385-90.

[www.choosingwisely.org/](http://www.choosingwisely.org/)

[consumerhealthchoices.org/campaigns/choosing-wisely/](http://consumerhealthchoices.org/campaigns/choosing-wisely/)

[consumerhealthchoices.org/einstein](http://consumerhealthchoices.org/einstein)

<http://www.aafp.org/about/initiatives/choosing-wisely.html>

[http://www.aafp.org/dam/AAFP/documents/about\\_us/initiatives/choosing-wisely-fifteen-questions.pdf](http://www.aafp.org/dam/AAFP/documents/about_us/initiatives/choosing-wisely-fifteen-questions.pdf)