

Update on the CRA *Choosing Wisely* Campaign

By Michelle Jung, MD, FRCPC; and Shirley Chow, MD, FRCPC; on behalf of the CRA Choosing Wisely Dissemination Committee

Medicine, and in particular rheumatology, is a rapidly growing field with new tests and therapies being developed to improve patient care. As self-regulated professionals, we acknowledge our foremost obligation is to provide safe, efficient and effective care, while also respecting the fiscal constraints of our medical system.¹ Although a difficult task, it can be achieved by reflecting on our own practices, keeping up-to-date on evidence, and ensuring that our approach is devoid of unnecessary investigations, procedures, and treatments. This reflection and improvement are the principles of the Choosing Wisely Canada (CWC) campaign.

The CWC campaign began last spring to help physicians and patients make decisions about medical care that is effective, safe, evidence-based, and mindful of resource stewardship.² The CRA has joined the campaign alongside the Canadian Medical Association (CMA) and nineteen other Canadian medical societies. The CRA released a list of five rheumatology practices, therapies, or procedures which, based on current literature,³ may be unnecessary and/or expose patients to harm.

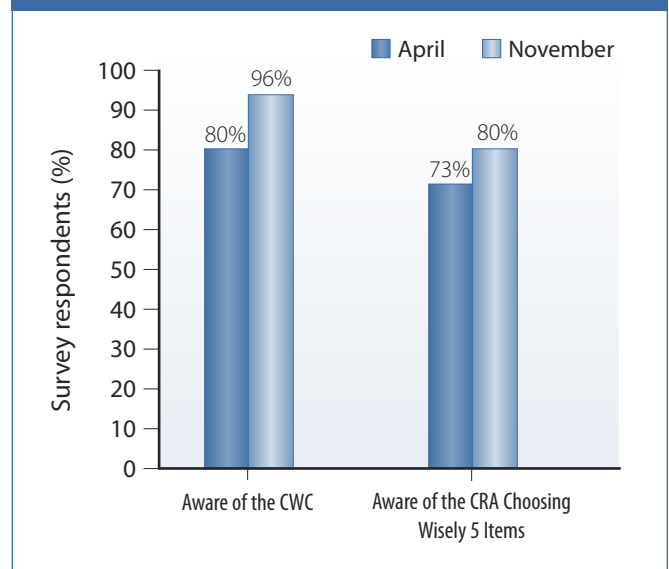
The CRA has recently conducted two surveys to evaluate the dissemination of the CWC campaign. The first was sent during the month the list was released and the second six months after.

Figure 1 reflects member awareness of this initiative (80% from the first survey, 96% from the second) and the CRA lists (73% from the first survey, 80% from the second). The number of people who thought it would change their practice was 25%. One explanation for why practice was not changed is that 91% of rheumatologists stated they are already compliant with these recommendations; 6% felt that family physicians should be changing their practice accordingly. Others stated that these recommendations did not apply to their practice (5%), while others needed more evidence (5%).

The two most common investigations the CRA members would order differently (Figure 2) were the ANA test (68%) and bone mineral density (BMD) testing (64%).

This important act of optimizing patient safety and value in medical care is reflected in the incorporation of quality improvement and patient safety in the CanMEDS 2015 competencies.⁴ Our multifaceted roles as medical experts, health advocates, professionals, and managers is centred in our commitment to continuously improve health care quality, patient safety, and resource stewardship. As self-regulated professionals, we are accountable to the patient and committed to provide a safe and sustainable health care system. The motto is, "everyone in healthcare has two jobs when they come to work every day: to do their work and to improve it."⁵

Figure 1. Member Awareness of the Choosing Wisely Initiative and CRA 5 Items, As Reflected in the Online Surveys (2014)



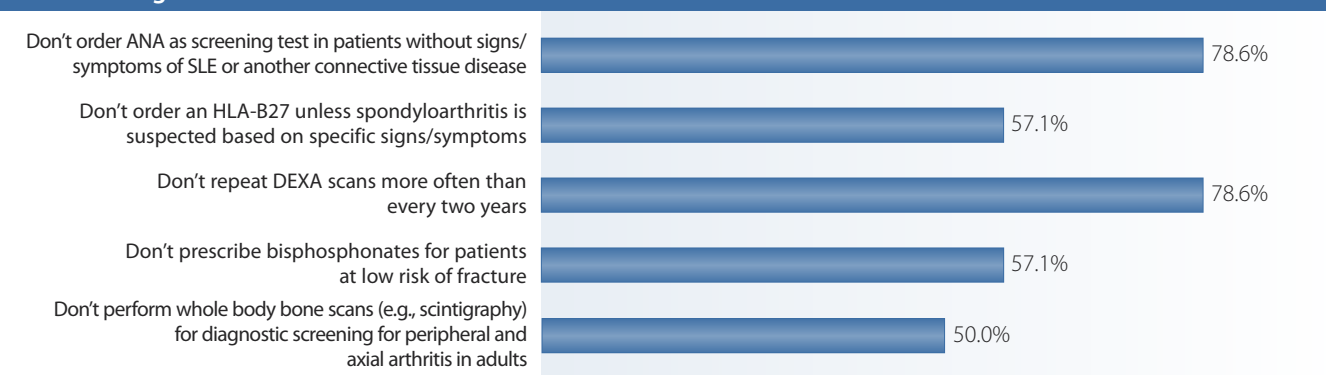
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Figure 2. CRA Choosing Wisely Items Rheumatologists Have Re-evaluated Ordering, Of Those Who Responded It Would Change Their Practice



CRA Committees: Where Might You Fit In?

- Annual Scientific Meeting (Content) Committee: Develop the scientific content for the ASM.
- Annual Scientific Meeting (Planning) Committee: Develop all aspects of the ASM apart from the scientific content innovations, speakers, etc.).
- CIORA Review Committee: Review and evaluate project submissions.
- Communications Committee: Review and develop communications content, including newsletters and website copy.
- Education Committee: Help to develop, review, or disseminate Continuing Rheumatology Education, review applications for accreditation of CME activities, and facilitate the sharing of resources amongst rheumatology educators.
- Guidelines Committee: Supervise the creation and dissemination of evidence-based guidelines and provide feedback to other related organizations on pertinent issues.
- Human Resources Sub-Committee: Document current HR situation nationally, provincially, and regionally, particularly to determine areas of shortage). Explore and implement measures to alleviate identified HR problems.
- Optimal Care Committee: Provide advice to the CRA on emerging issues in the field of access to care including Wait Time Alliance (WTA), Non-Insured Health Benefits (NIHB), and Choosing Wisely.
- Research Committee: CIORA is the main focus of this committee, which requires volunteers to assist in the strategic implementation of the program.
- Therapeutics Committee: Provide advice to the CRA on emerging issues in the field of rheumatology therapeutics and address the issue of drug shortages.

Please contact Claire McGowan-Shaw at claire@rheum.ca if you are interested in volunteering for any of these committees or even for a specific project.