

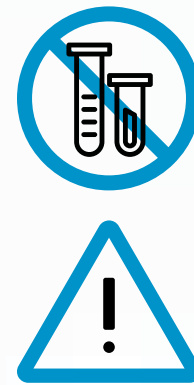
Choosing Wisely: An Idea Worth Spreading

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.

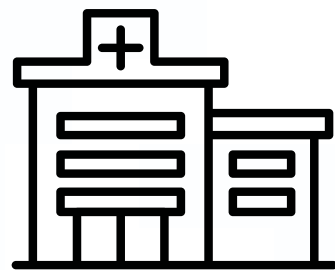
They may even lead to longer wait times and be harmful.



Choosing Wisely is spreading

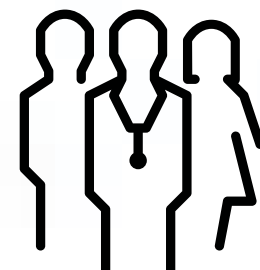
5 Hospitals & 6 Family Health Teams

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

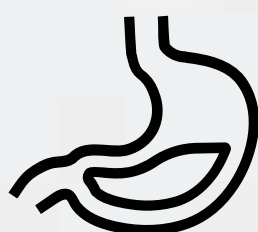
over **2,260**

patients have stopped or reduced medications like proton pump inhibitors (PPI), Glyburide or Sedative Hypnotics



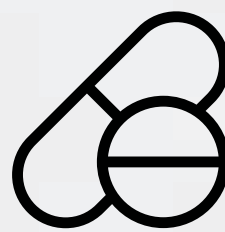
18.3%↓

reduction in the use of PPI for upper gastrointestinal problems (*9,911)



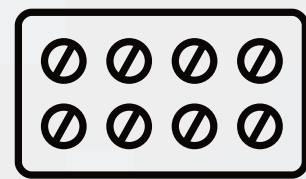
20.8%↓

reduction in the use of sedative hypnotics in patients age 65 and older (*3,179)



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)



*number of people taking the drug

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



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.