

Choosing Wisely | Identifying interventions whose value should be questioned

Guide for participating Colleges and Specialist Societies

Each participating college is asked to **identify five treatments or tests which are of questionable value.**

It is important that this work is done consistently across specialties and that it is of high standard and in accordance with the principles of Choosing Wisely, explained below. The chosen recommendations should:

- **Be relevant to the specialty**
Each college or specialty society should focus on identifying interventions within their own clinical practice.
- **Have an impact on patients and/or the NHS**
The unnecessary intervention should result in an unwanted effect on patients (side effects, psychological, etc) or a drain on NHS resources. Thus, limiting the intervention would have a positive impact on patients and the NHS as a whole. The participating colleges and specialty societies should prioritise in their recommendation, interventions that would have a big positive impact.
- **Be evidence based**
The colleges or specialty societies should always choose recommendations that are supported by evidence. They should clearly state the strength of the evidence and based on that make a recommendation that the intervention should:
 - Not be undertaken at all
 - Only used on rare occasions
 - Discussed with the patient and used according to patients' informed preferences
- **Actively involve patients and the public**
The colleges or specialty societies should always involve patients and the public in the production of the recommendations.
- **Be measurable and implementable**
Thought must be given by the Colleges and specialty societies into how the proposed recommendations could be implemented into clinical practice and how the effect could be measured.

All recommendations produced by Colleges and Specialist Societies will be proposals and will be reviewed by the Choosing Wisely Steering group to assure that they follow the set principles and process before being adopted as Choosing Wisely Recommendations.