RCPSYCH CHOOSING WISELY PROJECT BRIEF



What is Choosing Wisely?

Choosing Wisely started as a clinician-led initiative in the USA – details of which can be found at http://www.choosingwisely.org/about-us/ - and then Canada with the aim "to promote conversations between doctors and patients by helping patients choose care that is:

- · _Supported by evidence
- · _Not duplicative of other tests or procedures already received
- · _Free from harm
- ·_Truly necessary"

"Choosing Wisely" is now being taken up in a number of countries across the world in both Europe, Asia and Australasia.

The Academy of Medical Royal Colleges is now leading a UK Choosing Wisely initiative. They are requesting that Medical Royal Colleges ask their members to identify tests or procedures commonly used in their field, whose necessity should be questioned and discussed.

Rationale

- There is evidence of a considerable volume of inappropriate clinical interventions
- The reasons for this are complex and various but form part of a culture of over-medicalisation
- The result is sub-optimal care for patients which, at best, adds little or no value and, at worst, may cause harm
- This is, therefore an issue for clinicians about the quality and appropriateness of care
- Additionally, in a system where resources are constrained it is unethical as well as inefficient to provide treatments or interventions, which have no clinical value.
- Ensuring inappropriate clinical interventions are avoided requires mature conversations between individual clinicians and their patients about the value, effectiveness and risk of particular treatments and the range of alternative options
- If this initiative is to be perceived as being about quality of care rather than an attempt to reduce services offered to patients it has to be led by clinician and patient groups themselves rather than the health system itself

Aims of the "Choosing Wisely" Programme

Embarking on the "Choosing Wisely" initiative should be seen as a long term programme and campaign with multiple players rather than a single simple project. There can be a range of complementary initiatives involving different stakeholders rather than one project with single ownership.

The aims of the campaign are:

- 1. To embed a culture in which patients and clinicians regularly discuss the clinical value and effectiveness of proposed treatments or interventions with the explicit aim of reducing the amount of inappropriate clinical activity
- 2. To begin the process by supporting Colleges and Specialist Societies to identify those commonly used interventions/treatments within their specialty whose necessity should be questioned and discussed.
- 3. To support and spread that work through campaign activity amongst the public, patients and clinicians

Programme Model and Partners

Medical Royal Colleges and Specialist Societies are the bodies best placed to undertake the detailed task of identifying interventions within their specialty whose necessity should be questioned in discussion with relevant patient groups or organisations.

The Academy is the organisation to co-ordinate the activity from medical perspective and also co-ordinate activity with other stakeholders. They have patient representatives to be fully involved in the Steering Group to oversee the programme.

The Academy are also working closely with the British Medical Journal (BMJ), who have unmatched ability to reach individual doctors, to promote the initiative and publicise findings as they develop.

Deadlines

- 1 September 2015:
 - Mid-point review; report to the Academy of Medical Royal Colleges the identified interventions, progress and delivery date
- 9 November 2015:
 - Deadline for submission of the Reporting Template for each of the 5 proposed recommendations to the Choosing Wisely Steering Group:
- November 2015:
 - o Consideration of all recommendations by the Steering Group
- 15 December 2015:

- o Communication of outcome to the proposing College/Society
- January 2016:
 - Launch of First Wave of Recommendations

RCPsych programme phases

June/July/August:

- RCPsych website will have a Choosing Wisely page developed with appropriate information and resources for members by DM and DH
- SW and DM will blog about the Choosing Wisely initiative and call for suggestions for the 'top 5 list'
- A call for suggestions for the list will be in each monthly college eNewsletter arranged by DM and DH
- DH will collate all suggestions made following the call
- A Choosing Wisely college committee will be created and chaired by AJ
- A request will be made by PC to each Faculty asking for a representative
- A request will be made by PC to the RCPsych user and carer forums asking for a representative from each group
- Invitations will be sent to members with particular expertise in this area by PC
- A date for the first meeting of the college committee will be arranged by PC.

September:

- Respond to the Academy and update them on the progress made by AJ and DM
- First meeting of the Choosing Wisely college committee. Aims of this meeting will be to:
 - o Agree on level of evidence required for list
 - Agree on strategy to choose which interventions should be on the top 5 list
 - o Review suggestions put forward by members
 - o Begin to compile list of unnecessary interventions
 - Review whether additional strategies are required to obtain unnecessary interventions
 - o Arrange date for second meeting

October:

- Second meeting of the Choosing Wisely college committee. Aims of this meeting will be to:
 - Agree on top 5 list of interventions
 - Agree on what evidence is required to provide support for these interventions

November:

• Submit top 5 list to the Academy – AJ and DM