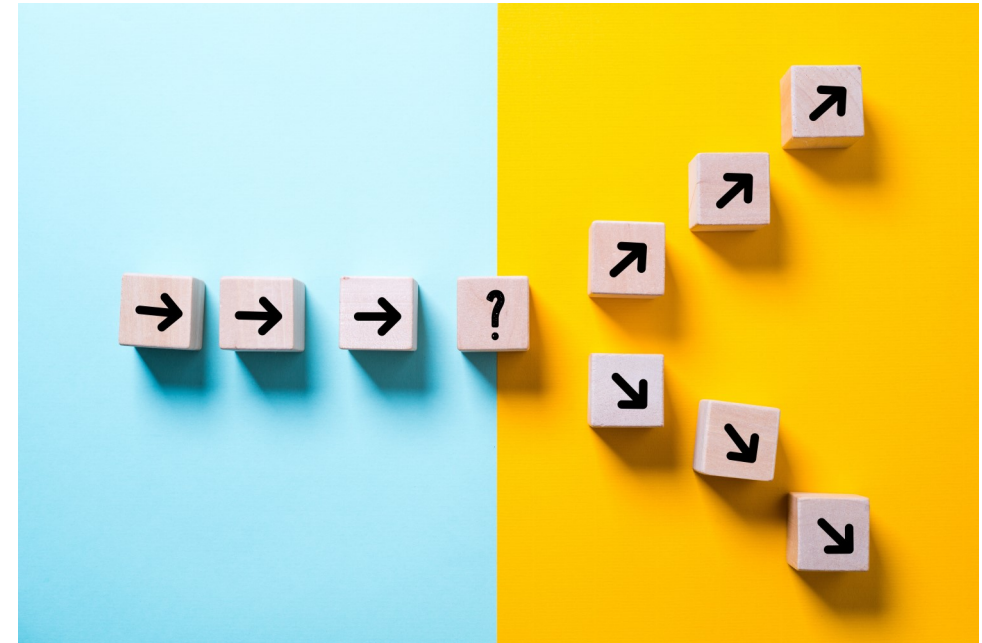


Choosing Wisely Symposium planning committee

Dr. Adele Harrison, Dr. Al Buckley, Brandon Wagar, Jennie Aitken, Deborah Bartley, Sarah Porter

Choosing Wisely Oversight Committee

Dr. Adele Harrison, Dr. Al Buckley, Dr. Dean Kolodziejczyk, Brandon Wagar, Dr. Brian Berry, Dr. Saskia Acton, Dr. Jessica Otte, Dr. Michael Chen, Dr. Jeffrey Hu, Dr. Annemarie de Koker, Dr. Jennifer Duncan, Dr. Christopher MacCarthy, Dr. Eric Partlow, Alison Steinbart, Sarah Porter



Choosing Wisely at Island Health  
Virtual Symposium  
November 26, 2021

## Welcome

Welcome to **Choosing Wisely at Island Health!** We are delighted to have had the opportunity to host a second virtual symposium following the success of last year's *Choosing Wisely at Island Health: Putting Recommendations into Practice!*

It is inspiring to see the level of interest in Choosing Wisely here at Island Health and we are pleased to have had 98 people register from various parts of the island, including 33 returning attendees! This is especially meaningful in light of the challenges faced by medical staff and our multidisciplinary team members today. Thank you for joining us, this work wouldn't be possible without you.

Choosing Wisely at Island Health is gaining momentum and we are excited to share more about current opportunities for involvement and dream together to define the future of Choosing Wisely at Island Health. The path to [Becoming a Choosing Wisely Hospital](#) with Choosing Wisely Canada is changing, but our commitment to benefiting our patients through reducing unnecessary tests, treatments, and procedures and following best practice guidelines to promote appropriate care at the appropriate time is as strong as ever.

We hope that you enjoyed this virtual symposium and that you continue to stay connected to the Choosing Wisely work at Island Health.

[Visit the Choosing Wisely page on the Medical Staff Website](#) to learn more about opportunities for involvement and keep informed about this important work.

Thank you for your continued interest in Choosing Wisely.

*On behalf of the Choosing Wisely Oversight Committee*

## At a Glance

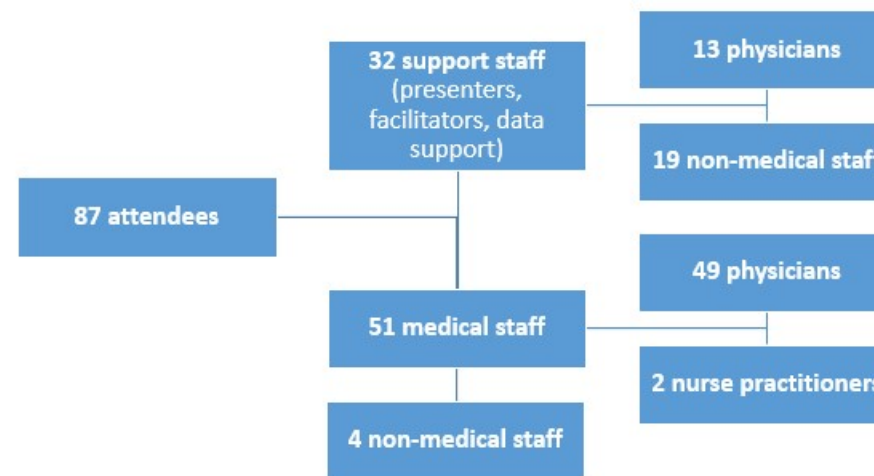
8:00	<b>Welcoming Remarks:</b> Dr. Ben Williams, Dr. David Butcher					
8:10	<b>Choosing Wisely Canada at Island Health: Becoming a Choosing Wisely Hospital Campaign Update</b> Island Health is on the road to becoming a Choosing Wisely designated Health Authority; learn about our progress and how you can join Dr. Adele Harrison, Brandon Wagar					
8:30	<b>Brainstorming in Breakouts: Part 1</b>					
	<b>"So you think your patient needs a blood transfusion ..."</b> Dr. Brian Berry, Dr. Al Buckley, Derek Miller, Karen Phenix	<b>Abnormal results rate - a measure to guide improvements in appropriate lab testing orders</b> Dr. Michael Chen, Brandon Wagar, Jennie Aitken	<b>Electronic fetal monitoring - using data to identify improvement opportunities</b> Erin O'Sullivan, Julie Wittrock, Marion Sollazzo	<b>Quality Improvement Growth Initiative - evolving resource usage to reduce waste</b> Dr. Jeff Kerrie, Dr. Colin Landells, Julia Porter, Taylor Heywood	<b>Building Public Awareness of Choosing Wisely - getting involved in a new initiative</b> Dr. Jennifer Oates, Sarah Porter, John Sherber, Kamla Gage,	
9:15	<b>Break</b>					
9:30	<b>Brainstorming in Breakouts: Part 2</b>					
	<b>Championing appropriate coagulation testing - spreading a Choosing Wisely success story</b> Dr. Brian Berry, Dr. Anne Marie de Koker, Dr. Estee Benade, Jin Huang, Antoinette Picone	<b>Appropriate antipsychotic prescribing for dementia in acute care</b> Dr. Jennifer Oates, Kathy Norman, Jacqueline Gregory, Kamla Gage	<b>Appropriate MRI ordering - Choosing Wisely and the checklist approach</b> Dr. Corilee Watters, Dr. Jonathan Hickle, Dr. Colin Landells, Karen Phenix	<b>Planetary Health - "greening" medical practices at Island Health</b> Dr. Caroline Stigant, Dr. Jean Maskey, Julia Porter	<b>Reducing opioid prescribing through admission order set changes - spreading a local success</b> Dr. Kevin Martin, Brandon Wagar, Marion Sollazzo	<b>Putting Choosing Wisely recommendations into practice using QI tools</b> Jennie Aitken, Sarah Porter
10:15	<b>Break</b>					
10:40	<b>What happened in the breakouts?</b> A report back on your conversations and ideas					
11:10	<b>Visioning</b> Be part of exploring next steps for Choosing Wisely at Island Health through group discussion					
11:20	<b>Closing Remarks</b> Dr. Adele Harrison					

## Evaluation Summary

Thank you to those who attended and took the time to share their feedback! We are continuing to learn and grow and are excited to plan future opportunities for collaboration. Feedback from the event was overwhelmingly positive.

We had 98 medical staff and multidisciplinary team members register for the event, and confirmed an attendance of 87 participants.

56 attendees responded to the engagement survey following the event, of which 91% were medical staff. 80% of participants who responded to the survey indicated they would like to be engaged with Choosing Wisely at Island Health going forward through attending future symposiums, involvement in projects, our Community of Practice, smaller virtual events, or through subscription to our Medical Staff Quality newsletter.



## Event Highlights

*"I like the opportunity to gather in a non clinical setting to set my vision a little wider for what can be achieved by our organization as a whole. In day to day clinical practice, it's easy to get quite myopic and just focus on getting through the day. Events like this are very valuable to help take the blinders off and set a vision for what we can co-create by working together."*

The focused breakout sessions and the opportunity to connect virtually with colleagues were considered the highlights of the day, and participants left feeling energized and motivated to continue engagement with Choosing Wisely both with Island Health and in their daily practice.

Our participants consider the biggest benefits of participating in Choosing Wisely at Island Health to be:






- ◆ Learning about Choosing Wisely at Island Health and the benefits it brings to both the bigger picture and individual practice.
- ◆ Feeling heard when giving feedback and hearing what my colleagues were saying; leaving empowered to make a difference and engage on issues knowing there is a dedicated group of people with the enthusiasm and skills to make change happen.
- ◆ Gaining more QI knowledge, including meeting 'key players' and finding out what resources are available and who may be interested in future involvement.







We are investigating ways to continue engagement, particularly with our most popular breakout sessions: Abnormal Results Rate, Antipsychotics in Acute Care, and Planetary Health.

Join our [Community of Practice on Yammer](#) and bookmark the [Choosing Wisely page on the Medical Staff Website](#) to keep connected and stay up to date on future opportunities for involvement.

## Brainstorming in Breakouts

Eleven breakout sessions were available, ranging from focused discussions around specific Choosing Wisely recommendations to broader sessions on how choosing wisely can promote quality improvement and practice change. The sessions were well attended and interest was varied across all subjects, the common theme being excitement in driving this work forward!

TOPIC	DESCRIPTION	LEADS	TARGET AUDIENCE	TYPE OF SESSION	CWC RECOMMENDATION
“So you think your patient needs a blood transfusion ...”	Learn more about how the Transfusion Committee is implementing best-practice island wide to reduce unnecessary red blood cell transfusion.	Dr. Brian Berry; Dr. Al Buckley, Derek Miller, Karen Phenix	All providers and multidisciplinary team members interested in or involved in transfusion ordering.		<i>Don't transfuse more than one red cell unit at a time when transfusion is required in stable, non-bleeding patients. Don't transfuse blood if other non-transfusion therapies or observation would be just as effective.</i> <a href="#">Choosing Wisely 'Using Blood Wisely' Campaign.</a>
Abnormal results rate—a measure to guide improvements in appropriate lab testing	Join Dr. Michael Chen and Brandon Wagar, to learn about “abnormal results rate” and discuss how to reduce unnecessary laboratory test ordering.	Dr. Michael Chen, Brandon Wagar, Jennie Aitken	All providers and multidisciplinary team members interested in or involved in ordering lab work.		<i>Don't support ordering system mechanisms that contribute to over-testing. Encourage the development of an evidence-based utilization management program that may include interventions such as unbundling order sets, reflex testing algorithms, and decision-support technology.</i>
Electronic Fetal Monitoring in Labour	Join our subject matter experts as they provide an overview of EFM use at Island Health and discuss island-wide strategies for reducing unnecessary EFM usage.	Erin O'Sullivan, Julie Wittrock, Marion Sollazzo	All providers and multidisciplinary team members interested in or involved in labour and delivery.		<i>Don't do electronic fetal monitoring for low risk women in labour; use intermittent auscultation.</i>
Quality Improvement Growth Initiative—evolving resource usage to reduce waste	The Quality Improvement Growth Initiative (QIGI) is a pilot program funded through the South Island MSA's Facility Engagement. QIGI hopes to spread island wide, focusing on specific recommendations to encourage waste reduction and reduce resource usage in the hospital system.	Dr. Jeff Kerrie, Dr. Colin Landells, Julia Porter, Taylor Heywood	All providers and multidisciplinary team members interested in reducing waste.		<i>CWC has more than <a href="#">400 recommendations</a> guided by evidence and developed in consultation with professional societies and QIGI is focusing on recommendations that reduce waste and improve resource use in the hospital system.</i>
Building Public Awareness of Choosing Wisely—getting involved in a new initiative	Help shape the future of patient and provider engagement with CWC at Island Health! Share your insights and join the discussion as we develop a Patient-Centred Public Awareness campaign, focusing on awareness and the limitations of specific tests and interventions following best practices outlined through CWC recommendations.	Dr. Jennifer Oates, Sarah Porter, John Sherber (patient partner), Kamla Gage	All providers and multidisciplinary team members interested in spreading awareness of CWC and best practice to patients and providers.		<i>CWC is, at its heart, an awareness campaign requiring engagement with providers and patients alike to ensure success. CWC has <a href="#">over 400 recommendations published across a large number of clinical specialties</a> and has developed <a href="#">39 patient pamphlet resources</a>. This campaign will focus on less complex CWC recommendations.</i>

TOPIC	DESCRIPTION	LEADS	TARGET AUDIENCE	TYPE OF SESSION	CWC RECOMMENDATION
Championing appropriate coagulation testing—spreading a Choosing Wisely success story	Following the success of our Level 1 ‘Becoming a Choosing Wisely Hospital’ intervention to uncouple aPTT -PT/INR tests, our experts provide Information and guidance on our local data and best practice for coagulation test ordering.	Dr. Brian Berry, Dr. Anne Marie de Koker, Dr. Estee Benade, Jin Huang, Antoinette Picone	All providers and multidisciplinary team members interested in or involved in ordering lab work.		<i>Don't support ordering system mechanisms that contribute to over-testing. Encourage the development of an evidence-based utilization management program that may include interventions such as unbundling order sets, reflex testing algorithms, and decision-support technology.</i>
Appropriate antipsychotic prescribing for dementia in acute care	Join our experts in discussing appropriate antipsychotic prescribing for inpatients with dementia as we continue on the road to ‘Becoming a Choosing Wisely Hospital’. Antipsychotic use for dementia patients was our most popular session during our first symposium, <i>Choosing Wisely at Island Health: Putting Recommendations into Practice!</i>	Dr. Jennifer Oates, Kathy Norman, Jacqueline Gregory, Kamla Gage	All providers and multidisciplinary team members interested in or involved in caring for seniors in acute care.		<i>Don't use antipsychotics as first choice to treat behavioural and psychological symptoms of dementia.</i>
Appropriate MRI ordering—Choosing Wisely and the checklist approach	Join this session to learn more about appropriate ordering of MRIs to reduce unnecessary testing for patients, reduce overuse of resources, and ensure we get the right image at the right time.	Dr. Corilee Watters, Dr. Jonathan Hickle, Dr. Colin Landells, Karen Phenix	All providers and multidisciplinary team members interested in or involved in ordering imaging.		<i>Don't image a patient without a relevant clinical history and a complete requisition in order to prevent unnecessary or redundant studies.</i> <i>Don't order a hip (knee) MRI when (weight-bearing) x-rays demonstrate osteoarthritis and symptoms are suggestive of osteoarthritis as the MRI rarely adds useful information to guide diagnosis or treatment.</i>
Planetary Health—‘greening’ medical practices at Island Health	As a follow-up to their very popular presentation ‘The Climate Crisis and Working Towards a Model of Planetary Health Medical Practice in Victoria Hospitals – Getting it on Our Agenda’ Dr. Stigant and Dr. Maskey are here to discuss sustainability in healthcare and explore how we can choose wisely to reduce healthcare impacts on climate change.	Dr. Caroline Stigant, Dr. Jean Maskey, Julia Porter	All providers and multidisciplinary team members interested in sustainability.		<a href="#"><u><i>Sustainability Snapshot Series: Environmentally Sustainable Opportunities for Health Systems</i></u></a>  <i>Key areas of opportunity in sustainable healthcare. Some of the opportunities highlighted are in alignment with Choosing Wisely Canada recommendations.</i>
Reducing opioid prescribing through admission order set changes—spreading a local success	Hydromorphone orders at NRGH showed a ~7% reduction following activation of a new Medicine General Adult Admission Order Set in October 2020. Join this session to learn more about how small changes drives big improvements and discuss how we can spread this positive change.	Dr. Kevin Martin, Brandon Wagar, Marion Sollazzo	All providers and multidisciplinary team members interested in opioid use and ordering for pain management.		<i>Don't initiate therapy with opioids for patients with chronic non-cancer pain unless non-opioid pharmacotherapy and other non-pharmacological options have been optimized.</i> <a href="#"><u><i>Choosing Wisely ‘Opioid Wisely’ Campaign.</i></u></a>
Putting Choosing Wisely recommendations into practice using QI tools	How do you Choose Wisely? This session combines quality improvement tools with best practice to discuss ideas and brainstorm how to bring CW into your practice.	Jennie Aitken, Sarah Porter	All providers and multidisciplinary team members interested in quality improvement.		<i>CWC has more than <a href="#"><u>400 recommendations</u></a> guided by evidence and developed in consultation with professional societies.</i>

## A Special Thank You to our Presenters, Facilitators and Data Experts

**We couldn't do this work without your support and we are grateful for your knowledge and dedication to this work.**

Jennie Aitken, Deb Bartley, Estee Benade, Brian Berry, Al Buckley, Michael Chen, Anne Marie de Koker, Kamla Gage, Steph Gault, Jacqueline Gregory, Adele Harrison, Taylor Heywood, Jonathan Hickle, Jeff Kerrie, Jin Huang, Colin Landells, Kevin Martin, Jean Maskey, Derek Miller, Kathy Norman, Jennifer Oates, Erin O'Sullivan, Karen Phenix, Antoinette Picone, Julia Porter, Sarah Porter, John Sherber, Marion Sollazzo, Caroline Stigant, Brandon Wagar, Corilee Watters, and Julie Wittrock.

See you next time!



[Image courtesy of Freepik.com – pch.vector](https://www.freepik.com)