

#### Choosing Wisely Symposium planning committee

Dr. Adele Harrison, Dr. Jessica Otte, Dr. Al Buckley, Dr. Dean Kolodziejczyk, Jennie Aitken, Deborah Bartley, Brandon Wagar, Devan Tchir, Sarah Porter, Andrew Leyne, Crystal White

#### Choosing Wisely Oversight Committee

Dr. Adele Harrison, Dr. Jessica Otte, Dr. Al Buckley, Dr. Dean Kolodziejczyk, Brandon Wagar, Devan Tchir, Sarah Porter, Dr. Drew Digney, Dr. Brian Berry, Dr. Saskia Acton, Dr. Eric Partlow, Dr. Alan Andrew, Alison Steinbart, LeAnn DeCecco, Andrew Leyne

## Choosing Wisely at Island Health: Putting Recommendations into Practice



### Speakers

Dr. Dee Mangin  
Dr. Adele Harrison  
Dr. Brandon Wagar  
Dr. Rachel Carson  
Dr. Jessica Otte  
Dr. Al Buckley  
Dr. John Galbraith  
Dr. Maki Ikemura  
Dr. Graham Blackburn  
Dr. Keith Menard  
Dr. Bruce Campana

## Welcome

Welcome to **Choosing Wisely at Island Health: Putting Recommendations into Practice**. We are delighted that so many of you are interested in exploring how Choosing Wisely can benefit our patients through reducing unnecessary tests, treatments and procedures that fail to add value and potentially lead to harm, more testing to investigate false positive or contribute to unwarranted stress for patients and families.

Reducing unnecessary variation in care became a focus at Island Health in 2019. At the same time, Choosing Wisely Canada launched the “Diving into Overuse in Hospitals” campaign, specifically designed to help systems embrace Choosing Wisely recommendations. Through an on-line survey we heard from over 500 medical staff. Of these, 81% agreed that Choosing Wisely can contribute to improvements to health care delivery and 80% support us moving forward with Choosing Wisely at Island Health. We also heard from many of you that Choosing Wisely recommendations and principles are considered in the care you provide every day.

Over the last 12 months the oversight committee has worked with local champions to address the 5 “quick wins” of the level 1 Becoming a Choosing Wisely Canada hospital campaign, and on November 13 2020, Island Health received level 1 designation from Choosing Wisely Canada.

While we celebrate this achievement, we are not stopping there, and the event on November 20, 2020 launched the search for recommendations we can address in level 2, and ultimately level 3 designation. Despite the need to adjust our original plans to hold an in-person meeting, we hope that you enjoyed this virtual symposium and continue to stay connected to the Choosing Wisely work at Island Health.

Thank you for participating.

*On behalf of the Choosing Wisely Oversight Committee*

## At a Glance

- 8:00 **Welcoming Remarks:** Dr. Ben Williams, VP Medicine and Quality, and Chief Medical Executive
- 8:10 **Keynote: A Life Worth Living: Choosing Wisely in a New Era of Health Care**  
Dr. Dee Mangin
- 8:55 **CWC at Island Health – Becoming a Choosing Wisely Hospital**  
Island Health is on the road to becoming a Choosing Wisely designated Health Authority; hear about the first steps and how you can join  
Dr. Adele Harrison, Brandon Wagar
- 9:25 **Quality Improvement in action**  
Dr. Carson will share the highs and lows of implementing quality improvement at Island Health  
Dr. Rachel Carson
- 9:55 **Panel: Sli.do Q&A**  
Ask your questions and “up-vote” those you want to be asked of the panel  
Dr. Al Buckley, Dr. Adele Harrison, Brandon Wagar, Dr. Rachel Carson, Dr. Jessica Otte

### 10:10 Break

10:25	<b>RBC Transfusion</b> Dr. Brian Berry, Dr. Al Buckley, Derek Miller	<b>Opioids in Chronic Pain</b> Dr. Willie Pewarchuk, Dr. Kyle Fisher, Devan Tchir	<b>Hip/knee MRI in Osteoarthritis</b> Dr. Colin Landells, Dr. Alex Hoechsmann	<b>Kickstarter QI</b> Jennie Aitken, Dr. Jason Wale	<b>Antipsychotics in Dementia and Insomnia</b> Dr. Dean Kolodziejczyk, Dr. Ian Bekker, Brandon Wagar
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### 11:15 Break

11:25	<b>Routine Pre-operative Investigations</b> Dr. Michael Chen, Dr. Lindi Thibodeau, Dr. Al Buckley	<b>Post-op Opioid Use</b> Dr. Willie Pewarchuk, Dr. Kyle Fisher, Dr. Colin Landells, Devan Tchir	<b>De-prescribing</b> Dr. Jessica Otte, Dr. Margaret Manville, Brandon Wagar	<b>Pitch Perfect</b> Jennie Aitken	<b>Electronic Fetal Monitoring in Labour</b> Dr. William Ehman, Michelle Bamford
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- 12:15 **Debate – Be it resolved that order sets promote consistent evidence based practice**  
Join our debate teams in a light-hearted look at order sets and use sli.do to add your questions.  
Dr. Maki Ikemura, Dr. Graham Blackburn, Dr. Keith Menard, Dr. Bruce Campana, Dr. John Galbraith

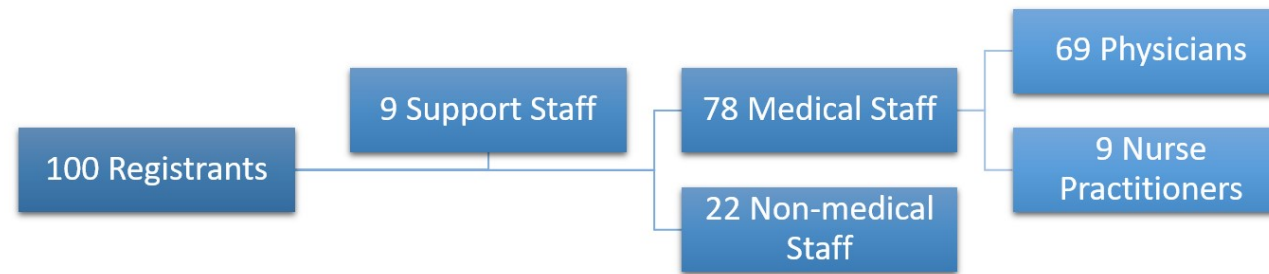
- 12:55 **Wrap up/Evaluation**  
Adele Harrison

## Evaluation Summary

We are very grateful to all those who attended and took the time to share their feedback which will be used in the planning of future Choosing Wisely events at Island Health, the development of QI projects based on Choosing Wisely recommendations and in the development of a Choosing Wisely community of practice.

Participants were appreciative of the material covered and the simplicity in developing a consistent and coherent message.

59 participants responded to the engagement survey following the event, of which 86% were physicians. All participants who responded to the survey indicated that they would like to be engaged with Choosing Wisely at Island Health going forward or are already participating.



## Event Highlights

Dr. Dee Mangin's keynote was considered a highlight and the breakout sessions and opportunity to network and connect with colleagues were highly valued by participants. Five of the ten breakout sessions offered were singled out as the most valuable part of the day in participant feedback.

Further feedback included:

- ◇ 20 participants complimented the event for having a great program and being an engaging and high quality event. It was referred to as an "effective forum for providing wide participant feedback" and a "unique way to bring people together with interest in improving care".
- ◇ 20 participants emphasized how valuable it was to connect with like-minded peers (improvement focused) from diverse backgrounds and creating personal linkages/connections with colleagues.
- ◇ 11 participants were excited to learn about projects currently underway at Island Health and engage in future PQI projects with their peers
- ◇ 6 participants enjoyed learning about Choosing Wisely and how to apply it within the health authority and in practice.

## Summary of Breakout Sessions

Eight breakout sessions focused on specific Choosing Wisely recommendations and two were designed around quality improvement skills. The focus of the eight sessions was around establishing interest in the recommendations, exploring available measures to assess current state and potentially measure for improvement, and to begin to brainstorm potential change ideas or areas of focus.

For all eight breakout sessions, there was interest in developing improvement work in all areas. Brief details are provided in the table below.

TOPIC	CWC RECOMMENDATION	FACILITATORS	NEXT STEPS
<b>RBC TRANSFUSION</b>	<i>Don't transfuse red blood cells for arbitrary hemoglobin or hematocrit thresholds in the absence of symptoms, active coronary disease, heart failure or stroke.</i>	Brian Berry, Al Buckley, Derek Miller	Data from transfusion database shared; more analysis to follow. Dr Berry to present data to GI, hospitalist group and oncology
<b>OPIOIDS IN CHRONIC PAIN</b>	<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>	Willie Pewarchuk, Kyle Fisher, Devan Tchir	Significant interest in this recommendation. Community measures challenging and more exploration is needed. Some work already underway through order set revisions.
<b>ANTIPSYCHOTICS IN DEMENTIA AND INSOMNIA</b>	<i>Don't use <b>antipsychotics</b> as first choice to treat behavioural and psychological symptoms of <b>dementia</b>. Don't routinely use <b>antipsychotics</b> to treat primary <b>insomnia</b> in <b>any age group</b>.</i>	Dean Kolodziejczyk, Ian Bekker, Brandon Wagar	Significant interest and opportunity in this recommendation, with focus in long term care and transitions of care. Measures available. Acute care interest welcomed. Planning underway to align current work and expand.
<b>HIP/KNEE MRI IN OSTEOARTHRITIS</b>	<i>Don't order a hip MRI when x-rays demonstrate osteoarthritis and symptoms are suggestive of osteoarthritis as the MRI rarely adds useful information to guide diagnosis or treatment. Don't order a 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>	Colin Landells, Alex Hoechsmann, Navina Kumar	Interest in this recommendation from orthopedics and radiology. Community GP interest sought. Review of data to identify opportunity now underway.
<b>PRE-OPERATIVE INVESTIGATIONS</b>	<i>Don't order baseline laboratory studies (complete blood count, coagulation testing, or serum biochemistry) for asymptomatic patients undergoing low-risk non-cardiac surgery.</i>	Michael Chen, Lindi Thibodeau, Al Buckley,	Interest in this recommendation, particularly around pre-procedure physicals with daycare procedures. Measures require more definition. Approach will target specific procedures.
<b>POST-OP OPIOID USE</b>	<i>Don't continue opioid analgesia beyond the immediate postoperative period or other episode of acute, severe pain.</i>	Willie Pewarchuk, Kyle Fisher, Colin Landells, Devan Tchir	Interest in this recommendation. Recent order set changes align with the direction; community measures challenging but in-patient post-op ordering may provide opportunity.
<b>ELECTRONIC FETAL MONITORING IN LABOUR</b>	<i>Don't do electronic fetal monitoring for low risk women in labour; use intermittent auscultation.</i>	Bill Ehman, Michelle Bamford	Opportunity and interest in this recommendation. Data available and demonstrates opportunity for improvement. Work moving forward to address this recommendation.
<b>DE-PRESCRIBING</b>	<i>Don't continue or add long-term medications unless there is an appropriate indication and a reasonable expectation of benefit in the individual patient. Don't start or renew drug therapy unless there is an appropriate indication and reasonable expectation of benefit in the individual patient.</i>	Jessica Otte, Margaret Manville, Brandon Wagar	Very popular topic, particularly in long term care and at transitions of care. Encompasses many recommendations and this area needs further defining. Overlap with antipsychotic and opioid recommendations.

## Summary of Breakout Sessions

The two breakout sessions focused on quality improvement tools and methodology were well received and a brief overview is provided below.

TOPIC	OVERVIEW	FACILITATORS	FEEDBACK
<b>KICKSTARTER QI:</b> <i>How to turn CW recommendations into local quality Improvement projects</i>	<i>An introduction/review of QI methodology and how it can be used while pursuing one's CWC recommendation using a systematic process.</i>	Jennie Aitken, Jason Wale	The participants were excited to share their experiences using QI and also discussed challenges in building connections. There was interest in learning more through the PQI program.
<b>PITCH PERFECT:</b> <i>How to develop elevator pitches that ignite enthusiasm and build coalitions for improvement</i>	<i>3 approaches to building an effective pitch were presented: The Public Narrative; Four-Frame Model; Start-up Mad Libs.</i>	Jennie Aitken	Participants were appreciative of the material covered and the simplicity in developing a consistent and coherent message.

## Speakers

### Dr. Dee Mangin

Dr. Dee Mangin is the David Braley Chair and Professor in Family Medicine at McMaster University. Dr. Mangin is a family physician at the McMaster Family Practice Associate Chair (Research) in the Department and the Director of MUSIC, the McMaster University Sentinel and Information Collaboration practice-based research network. Her interests are patient centered care (matching burden of care with the capacity to benefit), rational prescribing, polypharmacy and innovative models of primary care.

### Dr. Adele Harrison

Dr. Adele Harrison is a Medical Director with Medical and Academic Affairs. She worked as a Neonatologist until 2017 and has held leadership roles in Quality and Safety. She is a surveyor with Accreditation Canada and a tutor with the University of Dundee, School of Medical Education.

She is the Island Health sponsor for Physician Quality Improvement and the health authority representative on the Specialist Services Committee. Adele is coordinating the Choosing Wisely initiative at Island Health and is based in the Comox Valley.

### Dr. Brandon Wagar

Brandon Wagar, PhD is the Director of Clinical Analytics for Island Health, and an Adjunct Assistant Professor at the University of Victoria (UVic), School of Health Information Science. Clinical Analytics works with the Enterprise Data Warehouse to develop clinical data on specific clinical practices, processes and outcomes; and employs a broad range of statistics and methodologies to identify and measure quality, patient safety, and service line efficiencies and improvements at the point of care. Previously, he was a Methodologist at the Canadian Institute for Health Information for eight years. He received his PhD in Behavioural Neuroscience from the University of Waterloo, and completed a post-doctoral fellowship in Cognition and Brain Sciences at the University of Victoria.

### Dr. Rachel Carson

Dr. Rachel Carson is a nephrologist in Nanaimo. After initial training as a family physician, she switched to Internal Medicine and then Nephrology, followed by research in conservative management of endstage renal disease in the UK. She led the establishment a new full service renal program for mid Vancouver Island between 2008-2012. She is the physician lead for advance care planning for Island Health Authority and has provincial leadership roles in palliative / end of life care with BC Renal and the BC Centre for Palliative Care. She is passionate about system-level changes to Electronic Health Records so that patient wishes are Expressed, Heard and Respected. She is also training her pandemic puppy "Atlas" to help shoulder people's worries as a healthcare therapy dog.

### Dr. Jessica Otte

Dr. Jessica Otte holds several clinical roles revolving around elder and palliative care: working with the in- and out-patient palliative care teams in Nanaimo, a small long-term care general practice, and house calls for home-bound patients of the Snuneymuxw First Nation. She is a Clinical Assistant Professor for the UBC Department of Family Practice and an educator with UBC's Therapeutics Initiative. After several years on the committee, Dr. Otte now chairs the Doctors of BC's Council on Health Economics and Policy (CHEP).

### Dr. Al Buckley

Dr. Al Buckley hails from Nova Scotia and completed his MD at Dalhousie. After interning at Royal Jubilee Hospital, a year of GP locums and 3 years as an ER physician in Victoria, he completed internal medicine in Vancouver and a GI fellowship in Toronto. He practised gastroenterology in Victoria until 2017 and remained division head until 2019. He is currently the Medical Director of Quality for the department of medicine and the acting Medical Director of ambulatory care.