

# Choosing Wisely<sup>®</sup>

*An initiative of the ABIM Foundation*

## About the Campaign

### The Issue

As the nation increasingly focuses on ways to provide safer, higher-quality care to patients, the overuse of health care resources is an issue of considerable concern. Many experts agree that the current way health care is delivered in the U.S. contains too much waste—with some stating that as much as 30 percent of care delivered is duplicative or unnecessary and may not improve people's health.

It is urgent that physicians and patients work together and have conversations about wise treatment decisions. That means choosing care that is supported by evidence showing that it works for patients like them; is not duplicative of other tests or procedures already received; won't harm them; and is truly necessary.

### The Campaign

*Choosing Wisely*<sup>®</sup> is an initiative of the ABIM Foundation to help physicians and patients engage in conversations about the overuse of tests and procedures and support physician efforts to help patients make smart and effective care choices. Recognizing the importance of physicians and patients working together, leading specialty societies, along with Consumer Reports, have joined *Choosing Wisely* to help improve the quality and safety of health care in America.

As part of *Choosing Wisely*, each participating specialty society has created lists of "Five Things Physicians and Patients Should Question" that provide specific, evidence-based recommendations physicians and patients should discuss to help make wise decisions about the most appropriate care based on their individual situation.

The resulting lists will stimulate discussion about the need—or lack thereof—for many frequently ordered tests or treatments. Participating specialty societies and the ABIM Foundation are using these lists to support physicians in making wise choices and will develop tools to help them have these kinds of conversations with patients.

Consumer Reports, the nation's leading independent, non-profit consumer organization, has also joined the campaign to provide resources for consumers and physicians to engage in these important conversations. They are coordinating consumer-oriented organizations to help disseminate information and educate patients on making wise decisions.

### Continuing the Professionalism Challenge

*Choosing Wisely* is part of a multi-year effort of the ABIM Foundation to help physicians be better stewards of finite health care resources. It continues the principles and commitments of promoting justice in the health care system through a fair distribution of resources set forth in *Medical Professionalism in the New Millennium: A Physician Charter*.

Learn more about *Choosing Wisely* at [www.ChoosingWisely.org](http://www.ChoosingWisely.org).



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## Specialty Societies Released Lists in April 2012

- American Academy of Allergy, Asthma & Immunology
- American Academy of Family Physicians
- American College of Cardiology
- American College of Physicians
- American College of Radiology
- American Gastroenterological Association
- American Society of Clinical Oncology
- American Society of Nephrology
- American Society of Nuclear Cardiology

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## Specialty Societies Releasing Lists in 2013

- American Academy of Hospice and Palliative Medicine
- American Academy of Neurology
- American Academy of Ophthalmology
- American Academy of Orthopaedic Surgeons
- American Academy of Otolaryngology-Head and Neck Surgery
- American Academy of Pediatrics
- American College of Chest Physicians
- American College of Obstetricians and Gynecologists
- American College of Rheumatology
- American College of Surgeons
- American Geriatrics Society
- American Headache Society
- AMDA
- American Society for Clinical Pathology
- American Society of Echocardiography
- American Society of Hematology
- American Society for Radiation Oncology
- American Urological Association
- North American Spine Society
- Society of Cardiovascular Computed Tomography
- Society of General Internal Medicine
- Society of Hospital Medicine
- Society of Nuclear Medicine and Molecular Imaging
- Society of Thoracic Surgeons
- Society for Vascular Medicine

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## Choosing Wisely Consumer Groups

- AARP
- Alliance Health Networks
- Leapfrog Group
- Midwest Business Group on Health
- Minnesota Health Action Group
- National Business Coalition on Health
- National Business Group on Health
- National Center for Farmworker Health
- National Hospice and Palliative Care Organization
- National Partnership for Women & Families
- Pacific Business Group on Health
- SEIU
- Union Plus
- Wikipedia



### *About the ABIM Foundation:*

The mission of the ABIM Foundation is to advance medical professionalism to improve the health care system. We achieve this by collaborating with physicians and physician leaders, medical trainees, health care delivery systems, payers, policymakers, consumer organizations and patients to foster a shared understanding of professionalism and how they can adopt the tenets of professionalism in practice. To learn more about the ABIM Foundation, visit [www.abimfoundation.org](http://www.abimfoundation.org).