

# Community of Practice: Choosing Wisely in Paediatrics

Moderator:

**Dr. Olivia Ostrow**

*Staff Physician and Patient Safety Lead, Paediatric  
Emergency Medicine, Hospital for Sick Children  
Associate Director, SickKids Choosing Wisely Program*



# Welcome (and welcome back)!

**The Choosing Wisely in Paediatrics Community of Practice (CoP) mandate is to foster knowledge sharing and collaborative learning to promote high-quality, value-added care by focusing on overutilization of certain tests and therapies. Facilitated through:**

- Building capacity in QI / resource stewardship (Choosing Wisely) by sharing lessons learned and successful initiatives
- Supporting continuous QI / resource stewardship (Choosing Wisely) efforts
- Promoting consistency in recomm locally, provincially and nationally
- Supporting spread of evidence-based best practices
- Developing a central repository for idea sharing
- Engaging in new opportunities for collaboration

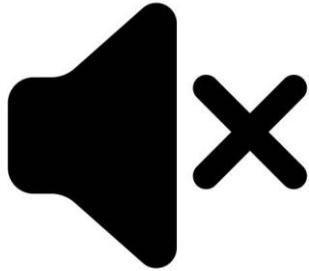
# Children's Healthcare Canada

- **The Choosing Wisely in Paediatrics Health Hub**
  - Connects individuals with “like” peers across Canada to share information and exchange resources
  - Provides information (including recordings) from past webinars and updates on upcoming events
  - **Visit <https://choosingwisely.squarespace.com/>**

Children's Healthcare Canada  
Health Hub

Choosing Wisely

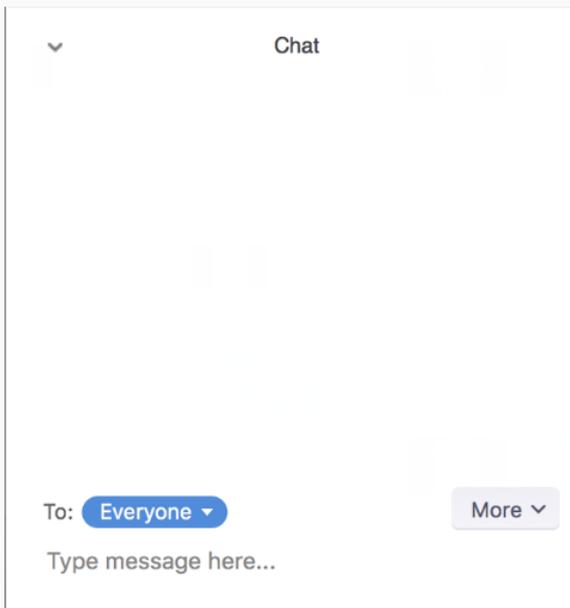
# Housekeeping



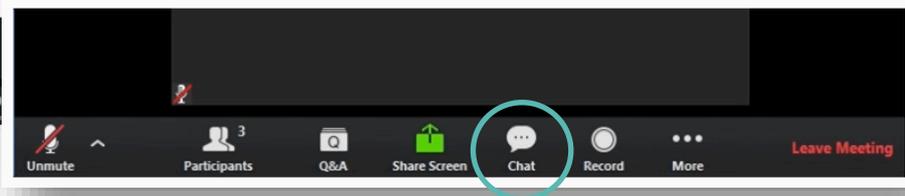
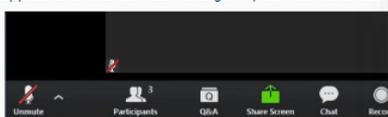
- Note: please keep your microphone on **mute** while others are **presenting**.



2. This will open the chat on the right. You can type a message into the chat box or click on the drop down next to To: if you want to send a message to a specific person.

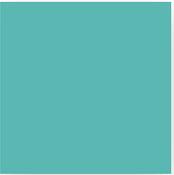


3. When new chat messages are sent to you or everyone, a preview of the message will appear and Chat will flash orange in your host controls.



# Have a Question?

- Use the **chat function** in Zoom at anytime
- If you wish to contribute to the conversation, be sure to **un-mute** on the Zoom dashboard
- Note: *we will moderate the Q&A after all presentations have been completed*



# Agenda

<b>2:00 – 2:05</b>	<b>Welcome and Introductions</b>
<b>2:05 – 2:25</b>	<b>Presentations</b> <b>Choosing Wisely Canada: One decade of history and what is coming</b> Wendy Levinson, MD, OC, Chair, Choosing Wisely Canada Professor of Medicine and Chair Emeritus, University of Toronto
<b>2:25 – 2:45</b>	<b>Clinician-Family Partnerships in Choosing Wisely Initiatives</b> Naomi Gryfe Saperia, MSc, PhD & Melissa Jones, MA Family Partners, The Hospital for Sick Children
<b>2:45 – 3:00</b>	<b>Q&amp;A</b>



## **Choosing Wisely Canada Community of Practice in Pediatrics**

Wendy Levinson, MD, OC  
Professor of Medicine, University of Toronto  
Chair, Choosing Wisely Canada & International



**83 Professional Societies**



**454 Recommendations**



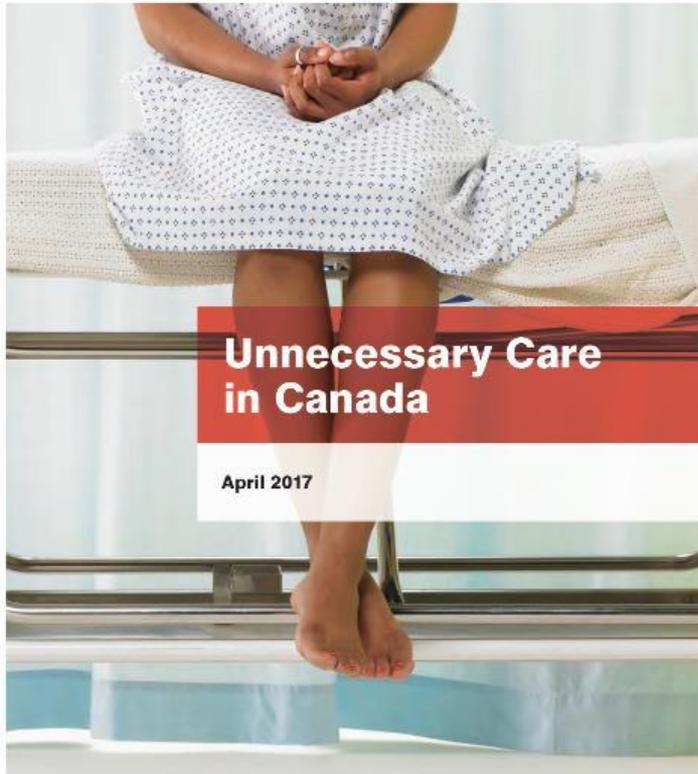
**13 Provinces and Territories**



**17 Medical Schools (STARS)**



**2 Public Campaigns**



## Unnecessary Care in Canada

April 2017

Choosing  
Wisely  
Canada

 Canadian Institute  
for Health Information  
Part of Canadian  
Health Services

The report found that up to 30% of the tests, treatments and procedures associated with the 8 selected CWC recommendations are potentially unnecessary.





# Overuse of Tests and Treatments in Canada

Progress Report  
November 2022

This report found

that overuse of

**8 of the 12**

selected tests and

treatments declined by

**10% or more**

between 2014–2015

and 2019–2020.



## **3 in 10 children who visited the emergency department**

for asthma or bronchiolitis received a chest X-ray  
(Ontario, Alberta and Yukon).



Canadian Institute  
for Health Information

Institut canadien  
d'information sur la santé

# Toolkits



Choosing Wisely Canada

## LESS SEDATIVES FOR YOUR OLDER RELATIVES.

A toolkit for reducing inappropriate use of benzodiazepines and sedative-hypnotics among older adults in hospitals

version 1.1



Choosing Wisely Canada

## WHY GIVE TWO WHEN ONE WILL DO?

A toolkit for reducing unnecessary red blood cell transfusions in hospitals

version 1.0



Choosing Wisely Canada

## DROP THE PRE-OP.

A toolkit for reducing unnecessary visits and investigations in pre-operative clinics

version 1.0



Choosing Wisely Canada



## LOSE THE TUBE.

A toolkit for appropriate use of urinary catheters in hospitals

Version 1.1  
October 2016



Choosing Wisely Canada

## WHEN PSYCHOSIS ISN'T THE DIAGNOSIS

A Toolkit for Reducing Inappropriate Use of Antipsychotics in Long Term Care

version 1.0



Choosing Wisely Canada

## BYE-BYE, PPI.

A toolkit for deprescribing proton pump inhibitors in EMR-enabled primary care settings

version 1.0

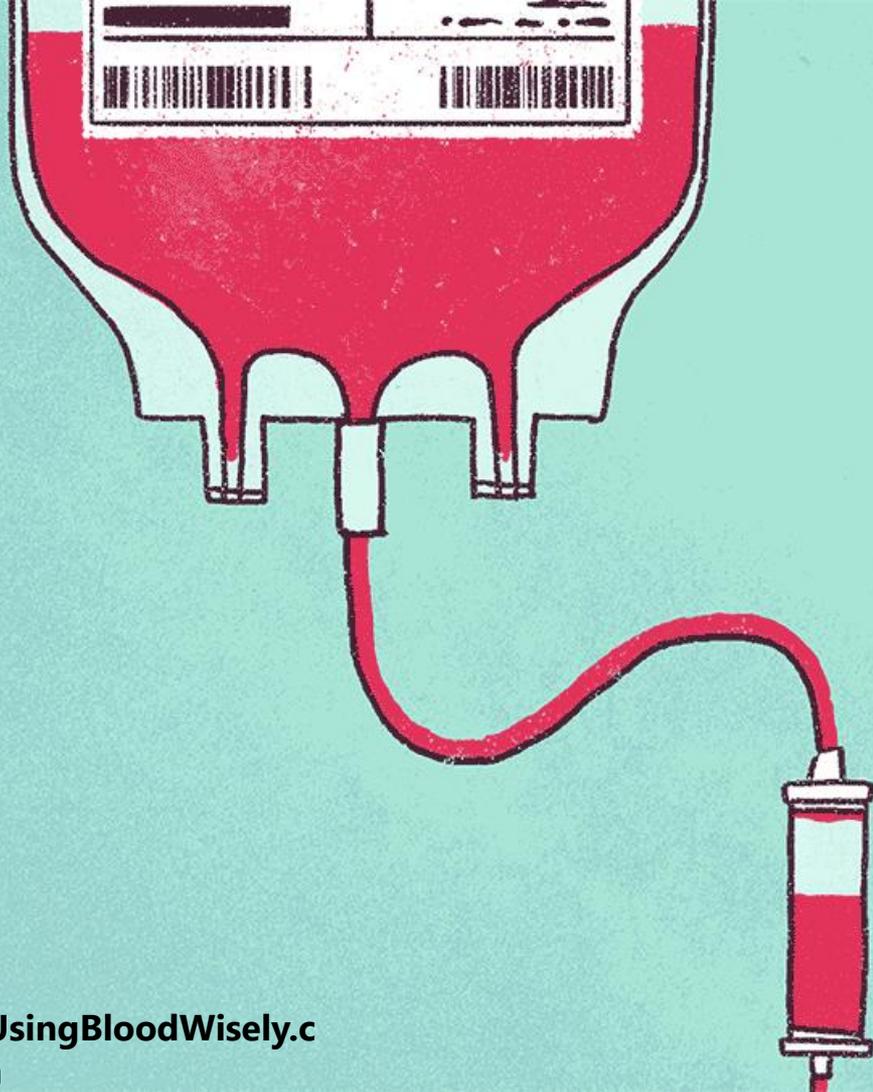


**SickKids<sup>®</sup>**

# THE LOW-RISK PEDIATRIC ANKLE INJURY: SAY NAY TO THE X-RAY

A toolkit for reducing unnecessary ankle x-rays in patients with low-risk ankle injuries.





# Make every drop count.

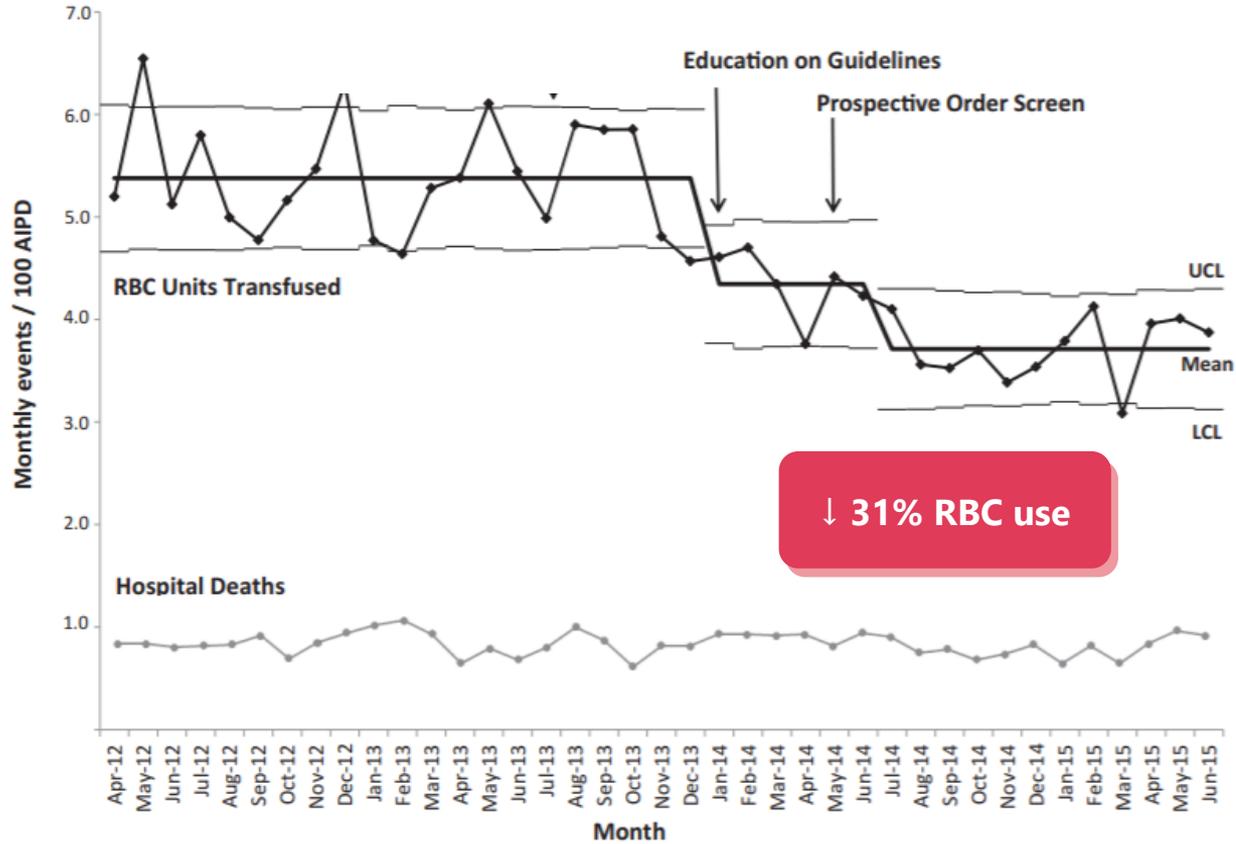
Is your hospital using blood wisely?  
*Take the challenge.*

**Using  
Blood  
Wisely.**

An initiative of:  
Choosing Wisely Canada  
Canadian Blood Services

[UsingBloodWisely.ca](http://UsingBloodWisely.ca)

a



↓ 31% RBC use



# Hospital Designation

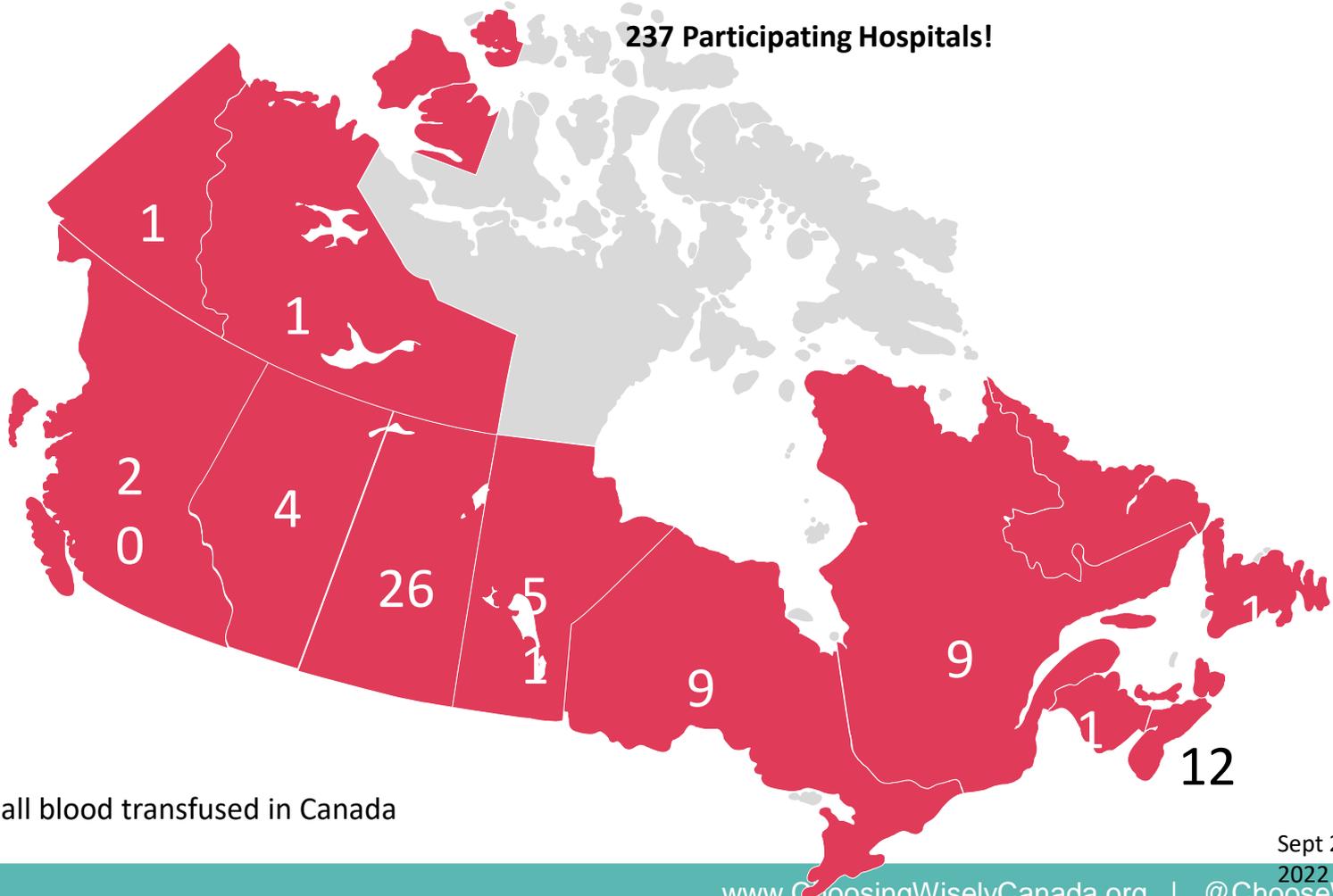
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- At least **65%** of red blood cell transfusion episodes are single unit, and
  
- At least **80%** of inpatient red blood cell transfusions have a pre-transfusion Hb 80 g/L or less



ACCREDITATION  
CANADA

# 237 Participating Hospitals!



75% of all blood transfused in Canada



# Using Labs Wisely

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## Program Design

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**Routine  
Submission  
of Data**



**Quality  
Improvement  
Plan (QIP)**



**Learning  
Collaborative**

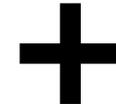
**Support from Hospital Administration**

# Using Labs Wisely: Areas of Focus

## STANDARD INDICATORS (DATASET SENT TO GEMINI)

- Reduce Urea (compared to Cr)
- Reduce Folate
- Reduce CK-MB

- Reduce PTT (compared to PT/INR)
- Reduce AST (compared to ALT)



## ADDITIONAL LAB PRIORITY AREAS (QIP)

- Other hospital-directed lab test priorities (e.g., daily labs, ESR, Vitamin D, etc.)

**Choosing Wisely Canada**

**STARS**

Students & Trainees Advocating  
for Resource Stewardship



Brian Wong (CWC / Toronto)

Zahra Rehan (MUN)

Choosing Wisely Canada  
**STARS**  
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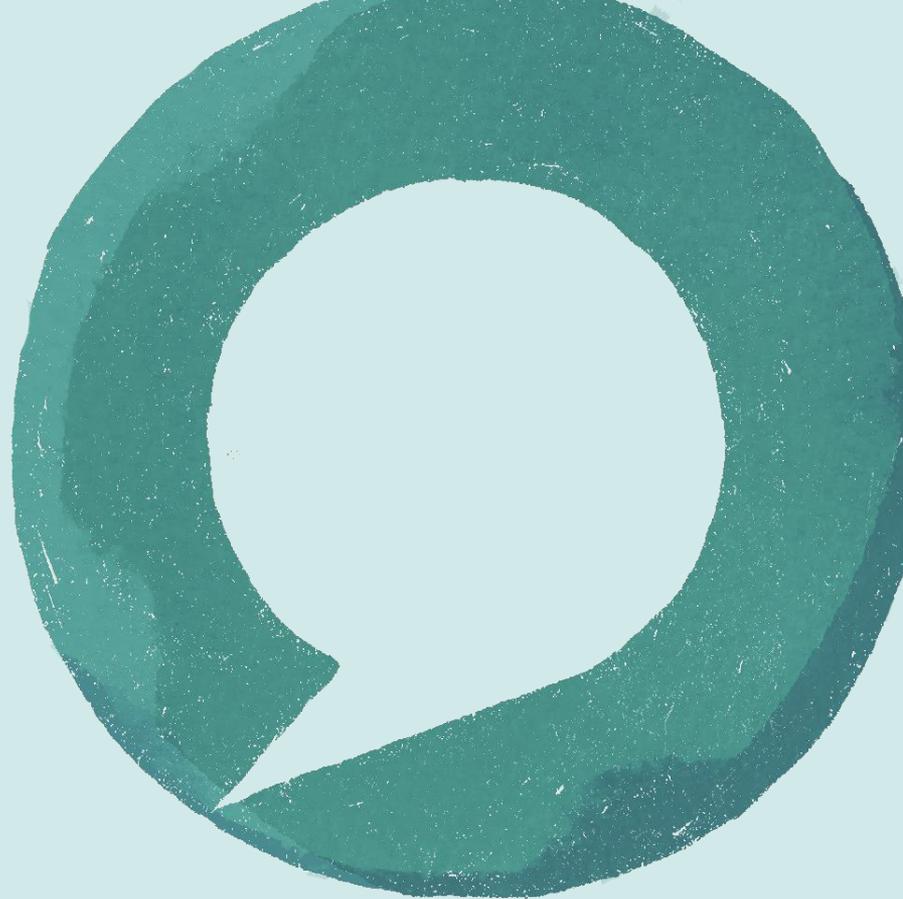
# Dialogue to Impact

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Strategic Vision and Directions  
2022-2032

Choosing  
Wisely  
Canada ™

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avec soin ™



# Strategic Pillars

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1

## **Clinician Engagement**

Build a culture of reducing low-value care across all stages of professional practice and relearning.

2

## **Implementation at Scale**

Catalyze the widespread adoption of evidence-informed practices that minimize overuse across health care settings.

3

## **Advocacy & Patient Engagement**

Influence societal and systematic dimensions of overuse through public awareness and policy change.

4

## **Measure Impact**

Advance measurement and evaluation of overuse and its effect on different segments of the population.

## Potential role for peds community

1. Deepen the list of recommendations
2. Toolkit on bronchiolitis
3. Consider an implementation project (mental health? bronchiolitis?)
4. Work with CWC and CIHI to measure impact

## Potential role for peds community (cont.)

5. Write article for BMJ for series
6. Incorporate into resident education
7. Engage in the climate change initiative with CWC

**How can CWC support the efforts of your collaborative?**



# Clinician-Family Partnerships in Choosing Wisely Initiatives

**Naomi Gryfe-Saperia, MSc, PhD**

**Melissa Jones, MA**

Family Partners

The Hospital for Sick Children

# The Drive to Partner in Choosing Wisely at SickKids

## Practice Habits are Hard to Break

- Traditional focus to address *underuse* (e.g., immunization)
- Provider and family anxiety around diagnostic uncertainty; reassurance by leaving “no stone unturned”

## Family Advisors bridge *Data to Heart*

- Overuse impacts families physically and emotionally
- Translating data to meaning and value

# The Drive to Partner: Family Advisor Perspectives



# Families as Partners in Choosing Wisely



## Improving healthcare value: Reducing overuse in hospital pediatrics

Jeremy N. Friedman MBChB, Naomi Gryfe Saperia MSc, PhD, Karen Born MSc, PhD ✉

# 4 Questions

## to Ask your Health-Care Provider About Antibiotics

Antibiotics can help fight infections, but inappropriate use of antibiotics may lead to unwanted side-effects. Using antibiotics inappropriately can cause bacteria to develop resistance and become less effective in the future. Ask your health care provider these questions to help you choose antibiotics wisely.

### 1 Does my child need antibiotics?



Viruses such as the common cold, the flu, and most sore throats, are the most common cause of infections in children. Antibiotics do not treat viruses but do work to fight infections caused by bacteria, like strep throat and bladder infections.

**ASK what your child's diagnosis is and whether it is caused by a bacteria.**

### 2 Which is the best option?



There are many types of antibiotics – some fight many different bacteria, including normal healthy bacteria, and some target specific bacteria. Choosing targeted antibiotics will fight specific bacteria and disturb your child's healthy bacteria less. Some antibiotics can also interact with other medications which may lead to unwanted side-effects.

**ASK if your child is on the best type of antibiotic for this infection, if there is a more targeted option available, and to check for medication interactions.**

### 3 What are some side-effects?



When antibiotics are needed, they can occasionally have minor side effects such as rash, diarrhea, nausea, and vomiting.

**ASK if your child's symptoms are caused by antibiotics, and how to manage these.**

### 4 What can we do to stay healthy?



Some infections can be prevented by making sure the whole family cleans their hands, covers their mouth when coughing with a tissue or upper sleeve and gets the recommended vaccines. If your child is unwell, they should stay home.

**ASK for tips on how to prevent the spread of infection so that your whole family can stay healthy.**

# Bringing Patient and Family Engagement to your Centre

**Done is better than perfect.**

# Summary

- **Every decision carries meaning to families**
  - *Everything is 100% necessary*
- **Advisors are part of an interdisciplinary team**
  - *Data with heart*
- **Co-design early in the process**
  - *Collaboration vs consultation*
- **Done is better than perfect**

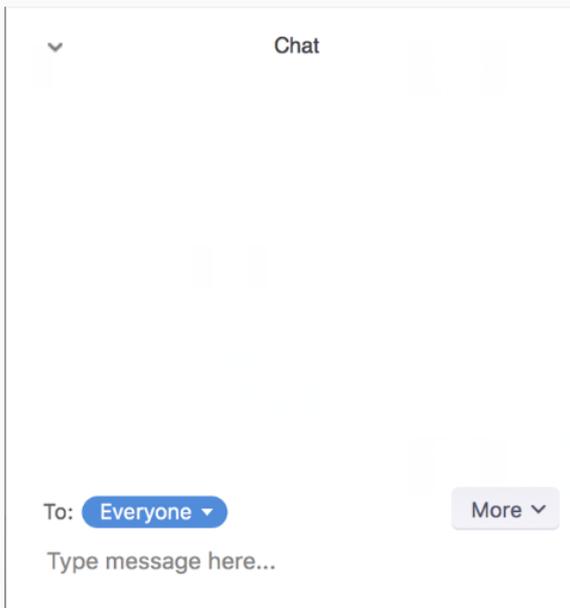
# Thank you!

**SickKids**

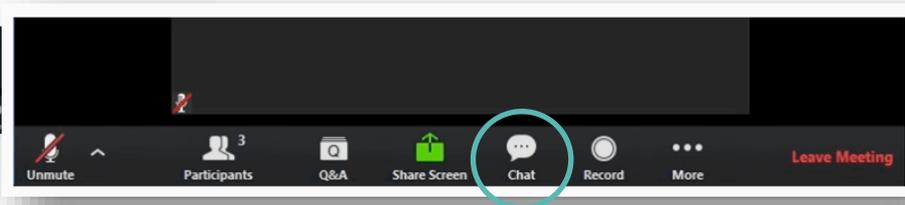
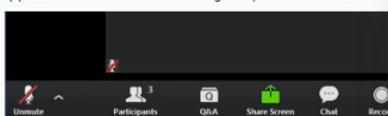
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Canada 



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## Q&A

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**Thank you for attending!**

**Next Webinar – February 2023**  
**A focus on hospital pharmacy**

If you are interested in presenting, have resources you wish to share, or would like to be added to the mailing list, please complete the webinar feedback survey or email [lauren.whitney@sickkids.ca](mailto:lauren.whitney@sickkids.ca)