

Choosing Wisely[®]

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 health care providers 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[®] is an initiative of the ABIM Foundation to help providers and patients engage in conversations about the overuse of tests and procedures and support efforts to help patients make smart and effective care choices. Recognizing the importance of providers and patients working together, leading health care provider organizations, 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 provider organization has created lists of "Things to Question" that provide specific, evidence-based recommendations providers and patients should discuss to help make wise decisions about the most appropriate care based on their individual situation.

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

This concept was originally piloted by the National Physicians Alliance, which through an ABIM Foundation Putting the Charter into Practice grant created a set of three lists of specific steps physicians in internal medicine, family practice and pediatrics could take in their practices to promote the more effective use of health care resources.

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 and other health care providers 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.



Health Care Provider Organization Partners

- American Academy of Allergy, Asthma & Immunology
- American Academy of Clinical Toxicology
- American Academy of Dermatology
- American Academy of Family Physicians
- American Academy of Hospice and Palliative Medicine
- American Academy of Neurology
- American Academy of Nursing
- American Academy of Ophthalmology
- American Academy of Orthopaedic Surgeons
- American Academy of Otolaryngology-Head and Neck Surgery
- American Academy of Pediatrics
- The American Academy of Physical Medicine and Rehabilitation
- American Association of Blood Banks
- American Association of Neurological Surgeons
- American Association of Neuromuscular & Electrodiagnostic Medicine
- American Association for Pediatric Ophthalmology and Strabismus
- American Association for the Study of Liver Diseases
- American College of Cardiology
- American College of Chest Physicians
- American College of Emergency Physicians
- American College of Medical Genetics and Genomics
- American College of Medical Toxicology
- American College of Obstetricians and Gynecologists
- American College of Occupational and Environmental Medicine
- American College of Physicians
- American College of Preventive Medicine
- American College of Radiology
- American College of Rheumatology
- American College of Surgeons
- American Dental Association
- American Epilepsy Society
- American Gastroenterological Association
- American Geriatrics Society
- American Headache Society
- AMDA – Dedicated to Long Term Care Medicine
- American Medical Society for Sports Medicine
- American Orthopaedic Foot & Ankle Society
- American Physical Therapy Association
- American Psychiatric Association
- American Society of Anesthesiologists
- American Society of Clinical Oncology
- American Society for Clinical Pathology
- American Society of Echocardiography
- American Society of Hematology
- American Society of Nephrology
- American Society of Nuclear Cardiology
- American Society of Plastic Surgeons
- American Society for Radiation Oncology
- American Society for Reproductive Medicine
- American Thoracic Society
- American Urogynecologic Society
- American Urological Association
- Commission on Cancer
- The Endocrine Society
- Heart Rhythm Society
- Infectious Diseases Society of America
- North American Spine Society
- Society for Cardiovascular Angiography and Interventions
- Society of Cardiovascular Computed Tomography
- Society for Cardiovascular Magnetic Resonance
- Society of Critical Care Medicine
- Society of General Internal Medicine
- Society of Gynecologic Oncology
- Society for Healthcare Epidemiology of America
- Society of Hospital Medicine
- Society for Maternal-Fetal Medicine
- Society of Nuclear Medicine and Molecular Imaging
- Society of Thoracic Surgeons
- Society for Vascular Medicine
- Society for Vascular Surgery

Consumer Reports also works with many of the specialty society partners to develop patient-friendly materials from the lists of recommendations and disseminates them to consumers through a network of *Choosing Wisely* consumer partners. See the full list at www.choosingwisely.org.



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.