

Choosing Wisely Canada's

# National Meeting

May 12-13 | Online



In collaboration with:

ASSOCIATION  
MÉDICALE  
CANADIENNE



CANADIAN  
MEDICAL  
ASSOCIATION

# Choosing Wisely Canada's National Meeting

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This year's National Meeting will explore the interplay between overuse and underuse, and how to prevent low-value services from diverting energy and resources from care that truly matters during these precarious times.

Bringing together health professionals, patients, system leaders, and researchers, this two-day virtual event is a unique opportunity to learn about leading Choosing Wisely efforts taking place across the country.

## **AT THE NATIONAL MEETING YOU WILL:**

- Engage with the Choosing Wisely community in an energized exchange of ideas on overuse
- Hear about practical and implementable strategies for reducing overuse and understand their impact
- Network with colleagues who share a commitment to reducing overuse

## **BY THE END OF THIS MEETING, PARTICIPANTS WILL BE ABLE TO:**

- Translate and apply best practices for reducing overuse in health care in their clinical settings
- Design effective approaches for evaluating interventions related to reducing overuse
- Develop strategies to share successful interventions across their health care organization

# Credits

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## **ROYAL COLLEGE OF PHYSICIANS AND SURGEONS OF CANADA:**

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the University of Ottawa's Office of Continuing Professional Development. You may claim a maximum of **8.25** hours (credits are automatically calculated).

## **COLLEGE OF FAMILY PHYSICIANS OF CANADA:**

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the University of Ottawa's Office of Continuing Professional Development for up to **8.25** Mainpro+ credits.

# Program at a glance.

May 12, 2021

12-1 PM ET

## Keynote Panel

### WHERE DO WE GO FROM HERE? CANADA'S HEALTH CARE SYSTEM BEYOND THE PANDEMIC

Dr. Ann Collins, President of the Canadian Medical Association  
Dr. Danielle Martin, Executive Vice President/Chief Medical Executive at Women's College Hospital  
Dr. Verna Yiu, President & CEO, Alberta Health Services

1:10-2:10 PM ET

## Concurrent Sessions #1

### Learn and collaborate with your peers in an energized exchange of ideas on the following topics:

Track 1: Using Blood Wisely  
Track 2: Abstract Presentations - Choosing Wisely in Hospitals  
Track 3: Advancing Audit and Feedback  
Track 4: De/Implement: The Science of Doing Less  
Track 5: Reprendre les activités en première ligne après la COVID-19: quand, quoi, comment?  
\*en français

Details on pages 6-7.

2:20-3:20 PM ET

## Afternoon Keynote

### CHOOSING WITHOUT NEEDING WISDOM: USING BEHAVIOURAL ECONOMICS TO IMPROVE MEDICAL CHOICES

Dr. David Asch, Physician and Behavioral Economist, University of Pennsylvania Penn Medicine  
Center for Health Care Innovation

3:30-4:30 PM ET

## Concurrent Sessions #2

### Learn and collaborate with your peers in an energized exchange of ideas on the following topics:

Track 1: Using Antibiotics Wisely  
Track 2: Utilisation judicieuse des antibiotiques \*en français  
Track 3: Abstract Presentations - Choosing Wisely in Labs  
Track 4: Fail Fest - Overcoming Barriers to Implementing Choosing Wisely

Details on pages 8-9.

**12-1 PM ET**

**Keynote**

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**BATTLING THE INFODEMICS: DEBUNKING WORKS (LET'S GET TO IT!)**

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Timothy Caulfield, Canada Research Chair in Health Law and Policy, Health Law and Policy,  
University of Alberta

**1:10-2:10 PM ET**

**Concurrent Sessions #1**

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**Learn and collaborate with your peers in an energized exchange of ideas on the following topics:**

- Track 1: Becoming a Choosing Wisely Canada Hospital
- Track 2: Abstract Presentations - Choosing Wisely in Primary Care
- Track 3: Abstract Presentations - Choisir avec soin Quebec \*en français
- Track 4: Nurses Valuable Role in Implementing Choosing Wisely Recommendations
- Track 5: Primary Care Reboot

**Details on pages 10-11.**

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**2:20-3:00 PM ET**

**NETWORKING**

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**SPEED NETWORKING**

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Network with colleagues who share your commitment to reducing overuse. These short speed rounds let you discuss and share with others involved in Choosing Wisely from coast to coast to coast.

**3:10-4:10 PM ET**

**Concurrent Sessions #2**

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**Learn and collaborate with your peers in an energized exchange of ideas on the following topics:**

- Track 1: Time to Talk. Encouraging Serious Illness Conversations
- Track 2: Il est temps de discuter. Discussions sur une maladies grave. \*en français
- Track 3: Abstract Presentations - Choosing Wisely in Hospitals
- Track 4: Choosing Wisely and Deprescribing
- Track 5: Freeing Up Capacity Post-Pandemic

**Details on pages 12-13.**

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**4:20-5:00 PM ET**

**SURPRISE END OF DAY PLENARY**

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**DETAILS COMING SOON!**

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# Session details.

**MAY 12, 2021**

**12-1 PM**

**KEYNOTE PANEL:  
WHERE DO WE GO FROM HERE?  
CANADA'S HEALTH CARE SYSTEM BEYOND THE PANDEMIC**

The pandemic has pushed the health care system to its limits and sharpened our views about its strengths and its flaws. This keynote panel of system leaders will discuss important lessons learned over the past year and what they mean for the system of our future.

Dr. Ann Collins, President of the Canadian Medical Association  
Dr. Danielle Martin, Executive Vice President/Chief Medical Executive, Women's College Hospital  
Dr. Verna Yiu, President and CEO, Alberta Health Services

**Learning Objectives:**

- Describe the impact of COVID-19 on health care systems across Canada
- Explore how reducing overuse can contribute to efficiencies in health care
- Identify potential strategies to address current and future health system issues

**1-1:10 PM**

**TRANSITION TO NEXT SESSION**

**1:10-2:10 PM**

**CONCURRENT SESSIONS #1**

**TRACK 1:  
Using Blood Wisely**

Using Blood Wisely is a national campaign to reduce inappropriate red blood cell transfusions. With over 140 hospitals currently participating, this session will discuss efforts to date as well as what new participants can expect over the coming year.

Speaker: Dr. Yulia Lin, Sunnybrook Health Sciences Centre

**Learning objectives:**

- Examine RBC utilization rates and drivers of inappropriate RBC transfusions
- Summarize the status of current RBC transfusion initiatives across Canada
- Describe national initiative to reduce unnecessary RBC transfusions across Canada

**TRACK 2:  
Abstracts Presentations: Choosing Wisely in Hospitals**

Abstract breakouts highlight Choosing Wisely innovations and initiatives from across the country.

- **Lessons from Creating a Thriving CW Program and Culture in a Community Hospital**
  - Speakers: Dr. Charles Winegard and Dr. Renato Pasqualucci, Bluewater Health
- **Beyond Code Status: Improving Serious Illness Conversations in the Hospital Setting**
  - Speaker: Dr. Jessica Simon, University of Calgary
- **Manitoba Red Cell Transfusion Project Change Approach**
  - Speaker: Dr. Arjuna Ponnampalam, Shared Health

1:10-2:10 PM

## CONCURRENT SESSIONS:

### TRACK 3:

#### Advancing Audit and Feedback in Primary Care

Audit and feedback is an effective strategy that helps clinicians have an understanding of ordering patterns in comparison to their peers. Explore how advancing this effective strategy in primary care can help drive change and improve health outcomes for all.

Speakers: Dr. Kelly Burak, Physician Learning Program, University of Calgary  
Dr. Douglas Woodhouse, Physician Learning Program, University of Calgary  
Dr. Katrina Nicholson, Physician Learning Program, University of Calgary

#### Learning objectives:

- Define Audit & Feedback (A&F)
- Identify strategies that can be used to engage physicians in A&F
- Describe how facilitated A&F, using the Calgary Audit and Feedback Framework, can increase the effectiveness of A&F

### TRACK 4:

#### De-Implementation: The Science of Doing Less

How can we apply implementation science to reduce unnecessary tests and treatments in health care? Learn about evidence-based strategies to de-implement common and routine practices that do not add value to patient care.

Speakers: Dr. Jeremy Grimshaw, Ottawa Hospital Research Institute  
Dr. Andrea Patey, Ottawa Hospital Research Institute

#### Learning objectives:

- Explain key components of effective implementation of evidence-based interventions in health care systems
- Become familiar with methods to systematically identify barriers and enablers to Choosing Wisely Canada recommendations
- Describe how to design and evaluate interventions for effective implementation of Choosing Wisely Canada recommendations

### TRACK 5 (EN FRANÇAIS) :

#### Reprendre les activités en première ligne après la COVID-19: quand, quoi, comment?

De nombreux services de soins primaires non urgents ont été retardés en réponse à la pandémie du COVID-19. Mais quels tests et traitements de faible valeur ont cessé et ne devraient pas être réintroduits dans la pratique? Dans cette séance, le D<sup>r</sup> René Wittmer et la D<sup>re</sup> Geneviève Bois mettront en relief les stratégies de reprise des services cliniques après la pandémie et faciliteront l'assignation de ressources sanitaires limitées aux interventions ayant le plus de valeur pour les patients et le public.

Présentateurs : D<sup>r</sup> René Wittmer, CIUSSS du Centre-Sud-de-l'Île-de-Montréal  
D<sup>re</sup> Geneviève Bois, Cree Board of Health and Social Services of James Bay

#### Objectifs d'apprentissage de la séance :

- Discuter des tests et traitements de faible valeur en première ligne à ne pas reprendre à la fin de pandémie
- Discuter des facteurs qui expliquent la prévalence des pratiques de faible valeur
- Élaborer une stratégie de reprise des activités cliniques après la pandémie, incluant le dépistage des cancers en fonction du niveau de preuves

**2:10-2:20 PM TRANSITION TO NEXT SESSION**

**2:20-3:20 PM KEYNOTE:  
Choosing Without Needing Wisdom: Using Behavioural Economics to Improve Medical Choices**

Speaker: Dr. David Asch, Physician and Behavioral Economist, Penn Medicine Center for Health Care Innovation

**Learning Objectives:**

- Distinguish behavioural economics from rationality-based decision models
- Distinguish between effective and less effective financial incentives
- Distinguish among financial incentives, social incentives, and nudges

**3:20-3:30 PM TRANSITION TO NEXT SESSION**

**3:30-4:30 PM CONCURRENT SESSIONS #2**

**TRACK 1:  
Using Antibiotics Wisely**

Unnecessary antibiotic use is a direct contributor to antimicrobial resistance – one of the top 10 threats to global health. Join Dr. Jerome Leis and Dr. Allan Grill for a practical approach to managing respiratory tract infections and advancing antimicrobial stewardship efforts in primary care.

Speakers: Dr. Jerome Leis, Sunnybrook Health Sciences Centre  
Dr. Allan Grill, Markham Stouffville Hospital and College of Family Physicians of Canada

**Learning Objectives:**

- Explore new challenges related to antibiotic prescribing with considerations of COVID-19 and virtual care
- Identify clinical tools that support these practice changes used in primary and long-term care across Canada

**TRACK 2 (EN FRANÇAIS) :  
Utilisation judicieuse des antibiotiques**

L'utilisation superflue d'antibiotiques contribue directement à la résistance antimicrobienne – l'une des 10 principales menaces pour la santé mondiale. Rejoignez-nous à ce webinaire pour en savoir plus des trucs et des ressources pratiques pour la prise en charge des IVR et aidera les professionnels de la santé à poursuivre leurs efforts de gestion des agents antimicrobiens.

Présentateur: D<sup>re</sup> Guylène Thériault, Coresponsable des soins primaires

**Objectifs d'apprentissage de la séance :**

- Expliquer les facteurs et défis à considérer lors de pour la prescription d'antibiotiques à l'ère de la COVID-19 et des soins virtuels
- Effectuer la prise en charge des IVR en tenant compte de la COVID-19 et des soins virtuels
- Identifier des outils cliniques qui soutiennent les changements proposés en soins primaires



**3:30-4:30 PM**

**TRACK 3:**

**Abstract Presentations: Choosing Wisely in Labs**

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Abstract breakouts highlight Choosing Wisely innovations and initiatives from across the country.

- **Efforts to Reduce Low-Value Testing Based on Choosing Wisely Canada 'Quick Wins': Multi-Hospital Implementation Evaluation**
  - Speaker: Dr. Nicola McCleary, Ottawa Hospital Research Institute and University of Ottawa
- **Awareness and Beyond: Introducing 'Lab Wisely'**
  - Speaker: Amanda Van Spronsen, University of Alberta
- **Utilization of Data in Education Opportunities - A Model for Promoting Sustained Practice Improvement: Laboratory Utilization**
  - Speaker: Dr. Katrina Nicholson, Physician Learning Program, University of Calgary

**TRACK 4:**

**Fail Fest: Overcoming Barriers to Implementing Choosing Wisely**

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Embrace failures as a learning opportunity. This interactive session will explore lessons learned from Choosing Wisely implementation efforts. How can we overcome barriers and move forward to achieve better outcomes?

Speaker: Dr. Brian Wong, Sunnybrook Health Sciences Centre

**Learning Objectives:**

- Highlight common pitfalls when implementing Choosing Wisely recommendations and how to avoid them
- Describe potential barriers and facilitators to implementing Choosing Wisely recommendations
- Recognize the importance of developing quality improvement capacity across different practice settings

**12-1 PM**

**KEYNOTE:**

**Battling the Infodemics: Debunking Works (Let's Get To It!)**

The spread of conspiracy theories and harmful misinformation is a defining characteristic of the COVID-19 pandemic. It has led to deaths, financial loss, increased stigma, health policy challenges, and added to the chaotic information environment. We must counter this "infodemic" with evidence-based communication strategies. Despite concerns about the "backfire effect" debunking does work, if done well! In this presentation Caulfield will look at the science says about fighting misinformation and how we can all get involved in the battle against bunk.

Speaker: Timothy Caulfield, Canada Research Chair in Health Law and Policy, Health Law and Policy, University of Alberta

**Learning Objectives:**

- Understand the scope and nature of the "infodemic" and the primary sources of COVID-19 misinformation
- Identify the harms associated with the spread of misinformation in this context
- Analyze the arguments for and against debunking misinformation
- Utilize effective debunking strategies

**1-1:10 PM**

**TRANSITION TO NEXT SESSION**

**1:10-2:10 PM**

**CONCURRENT SESSIONS #1**

**TRACK 1:**

**Becoming a Choosing Wisely Canada Hospital**

Are you a Choosing Wisely Canada Hospital, just getting started, or looking to level up? This session provides an in-depth look at implementing Choosing Wisely recommendations and how your hospital can gain national recognition for these efforts.

Speakers: Dr. Christine Soong, Sinai Health System  
 Dr. Adele Harrison, Island Health  
 Dr. Mayur Brahmania, London Health Sciences Centre

**Learning Objectives:**

- Describe benefits to implementing Choosing Wisely in hospital settings
- Explain potential barriers and facilitators in driving change in hospital settings
- Identify tools and resources to support hospitals in reducing overuse

**TRACK 2:**

**Abstract Presentations: Choosing Wisely in Primary Care**

Abstract breakouts highlight Choosing Wisely innovations and initiatives from across the country.

- **Partnership with Patients with LBP: Development of a CWC Intervention to Reduce Unnecessary Imaging**
  - Speakers: Maryam Madani Larijani, University of Saskatchewan, Cindy Dumba, Patient and Public Advisor, Choosing Wisely Canada and Heather Thiessen, Saskatchewan Patient & Family Leadership Council
- **The Top POEMs of the Year Consistent with the Principles of the Choosing Wisely Campaign**
  - Speaker: Dr. Roland Grad, Department of Family Medicine, McGill University
- **Improving Antibiotic Stewardship for Respiratory Tract Infections at the Markham Family Medicine Teaching Unit**
  - Speakers: Dr. David Field, University of Toronto and Dr. Susy Lam, University of Toronto

**1:10-2:10 PM**

**TRACK 3 (EN FRANÇAIS) :**

**Abstract Presentations: Choisir avec soin Quebec**

- **Optimisation de la trajectoire de soins et services par la mise en oeuvre des meilleures données probantes**
  - Présentateur : Marie-Chantal Leclerc, Université du Québec en Outaouais
- **Statut de la judicieuse utilisation des examens et traitements médicaux dans la formation médicale Québécoise**
  - Présentateurs : David Houle et Anton Volniansky, Étudiants Espoir Université de Montréal
- **Semaine québécoise étudiante Choisir avec soin 2021**
  - Présentateurs : Marie-Audrey Peel, Université de Sherbrooke et David Houle, Étudiant Espoir, Université de Montréal

**TRACK 4:**

**Nurses Valuable Role in Implementing Choosing Wisely Canada Recommendations**

Nurses make up 48% of all health professionals in Canada and play a critical role as leaders and advocates for reducing unnecessary tests and treatments. In this interactive session, gain insights from nursing professionals who have put Choosing Wisely recommendations into practice through quality improvement initiatives.

Speaker: Aden Hamza, Canadian Nurses Association

**Learning Objectives:**

- Recognize the importance of nursing collaboration in reducing overuse
- Describe potential strategies for building nursing leadership in implementing Choosing Wisely Canada recommendations
- Highlight specific examples of successful Choosing Wisely initiatives

**Track 5:**

**Primary Care Reboot**

Many non-urgent primary care services were delayed in response to COVID-19. But what low-value tests and treatments stopped that shouldn't be re-introduced into practice? In this session, Dr. Kimberly Wintemute highlights strategies to ensure health care resources are directed towards things that add the greatest value for patients, as the pandemic shifts and perhaps lifts over time.

Speaker: Dr. Kimberly Wintemute, Choosing Wisely Canada Primary Care Co-Lead

**Learning Objectives:**

- Discuss low-value tests or treatments that occur in primary care, and their potential drivers
- Identify strategies to avoid post-pandemic reintroduction of low-value tests or treatments
- Explore how doing all this can also meet QI and CPD requirements

**2:20-3:00 PM**

**NETWORKING SESSION**

Network with colleagues who share your commitment to reducing overuse. These short speed rounds let you discuss and share with others involved in Choosing Wisely from coast-to-coast.

**TRACK 1:****Time to Talk. Encouraging Serious Illness Conversations**

Many Canadians prefer to avoid invasive or overly aggressive life-sustaining measures, particularly at the end of life. But too often, these tests or treatments occur because a patient's wishes are not known. Join this session to gain insights and perspectives on how clinicians and patients can engage in earlier and better conversations to inform future care.

Speakers: Dr. Ben Leis, University of Saskatchewan  
 Dr. Amit Arya, Joint Faculty, University of Toronto and McMaster Palliative Care Divisions  
 Cindy Dumba, Patient and Public Advisor, Choosing Wisely Canada

**Learning Objectives:**

- Outline and discuss potential barriers to having conversations about goals and wishes with patients that have serious illnesses
- Summarize relevant tools and resources that can support conversations between clinicians and patients

**TRACK 2 (EN FRANÇAIS) :****Il est temps de discuter. Discussions sur une maladie grave.**

Au Canada, bon nombre de personnes préfèrent éviter les traitements essentiels au maintien de la vie si ces traitements sont invasifs ou trop agressifs, particulièrement en fin de vie. Mais trop souvent, des patients sont soumis à ces examens ou traitements sans leur consentement puisque leurs souhaits n'étaient pas connus. articipez au webinaire pour mieux comprendre la façon dont les professionnels de la santé et les patients peuvent amorcer rapidement des conversations plus claires sur les soins futurs.

**TRACK 3:****Abstract Presentations: Choosing Wisely in Hospitals**

Abstract breakouts highlight Choosing Wisely innovations and initiatives from across the country.

- **Reducing Unnecessary Computed Tomography Scan Utilization for Inpatients Post-Fall: The REDUCE Initiative Pilot Test**
  - Speakers: Dr. Sameer Masood and Laura Pozzobon, University Health Network
- **Are we Using Blood Wisely in Patients with Cirrhosis and GI bleeding in Calgary Hospitals?**
  - Speakers: Dr. Kelly Burak and Sampson Law, Physician Learning Program
- **Decreasing Invasive Urinary Tract Infection Screening in a Paediatric Emergency Department: A Quality Improvement Initiative**
  - Speaker: Dr. Felicia Paluck, The Hospital for Sick Children
- **Reducing Respiratory Virus Testing in Patients Admitted for Bronchiolitis at the Montreal Children's Hospital – A Choosing Wisely Initiative**
  - Speakers: Dr. Jasmine Vafi and Dr. Akina Fay, Montreal Children's Hospital, McGill University Health Centre

**3:10-4:10 PM**

**TRACK 4:  
Choosing Wisely and Deprescribing**

Dr. Barbara Farrell will highlight common elements of the deprescribing process relevant to Choosing Wisely Canada recommendations.

Speaker: Dr. Barbara Farrell, Bruyère Research Institute

**Learning Objectives:**

- Describe effective deprescribing strategies within Choosing Wisely initiatives
- Identify tools and resources that can support clinicians in deprescribing practices
- Generate priority actions to facilitate deprescribing strategies globally

**TRACK 5:  
Freeing Up Capacity Post-Pandemic**

COVID-19 has resulted in delays and foregone health services that will eventually need to resume. Choosing Wisely Canada and Canadian Agency for Drugs and Technologies in Health (CADTH) have partnered to explore areas of overuse that could free significant capacity in order to deliver needed care in the post-pandemic period.

Speakers: Heather Logan, Canadian Agency for Drugs and Technologies in Health  
Tai Huynh, Choosing Wisely Canada

**Learning Objectives:**

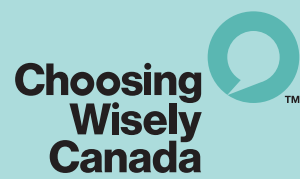
- Describe areas of overuse to not reintroduce to the health care system
- Identify potential drivers of these overuse issues that exist in both hospital and primary care
- Identify strategies to avoid reintroduction of unnecessary tests and treatments to the health care system

**4:10-4:20 PM**

**TRANSITION TO NEXT SESSION**

**4:20-5:00 PM**

**SURPRISE END OF DAY PLENARY**



**[www.ChoosingWiselyCanada.org/CWC-2021](http://www.ChoosingWiselyCanada.org/CWC-2021)**

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