

Teaching Trainees and Residents to ‘Choose Wisely’



**TABLE 1:
EXAMPLE OF ACTIVITIES THAT TEACH PRINCIPLES OF RESOURCE STEWARDSHIP**

OUTSIDE OF CLINICAL SUPERVISION:

- Include lectures and case discussions on overuse, overdiagnosis, and iatrogenic complications with proposed solutions
- Encourage quality improvement projects on reduction of overuse of specific tests or treatments (Choosing Wisely Canada recommendations are a good starting point)
- Encourage healthy skepticism regarding published guidelines and underlying evidence
 - Compare two guidelines on a topic, highlighting differences in recommendations
 - Discuss discrepancies between guidelines, asking:
 - Are patients involved in the guideline development?
 - Are primary care physicians involved in the guideline development?
 - Who funds or publishes the guidelines?
 - What are the authors' potential conflicts of interest?
 - What is the strength of the recommendations and the quality of evidence supporting them?
 - Do the guidelines apply to your patient population?

DURING CLINICAL SUPERVISION:

- Encourage regular medication review, tapering or deprescribing when appropriate; consider using guidelines from the Canadian Deprescribing Network
- Talk out loud about whether a proposed test, treatment or procedure will truly affect patient outcome
- Ask learners if a conservative approach may be just as appropriate as an interventional approach
- Integrate feedback alerts in your EMR for redundant testing
- Integrate nudges for certain commonly overused high-risk medications or for certain tests of little value
- Encourage learners to watch for inappropriate care; encourage them to point out these situations. Give them approaches for how to discuss these concepts with other preceptors
- Modify SOAP note format to include a review of appropriateness (medications, testing)
- Model and encourage shared decision-making, using tools where available
- Acknowledge areas of uncertainty and gaps in knowledge, and how to disclose this to patients
- Be a role model in terms of judicious use of tests and treatments. Research has shown that residents who order “excessively” sometimes perceive such expectations from supervisors

IN FEEDBACK AND EVALUATIONS:

- Include a section on appropriate use of tests and treatments on daily feedback sheets
- In formal written examinations or OSCEs, integrate questions on appropriateness, polypharmacy, de-prescribing, management of side effects or complications of treatments