

Presenter Disclosure



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 - Patents: None.
 - Other: None.

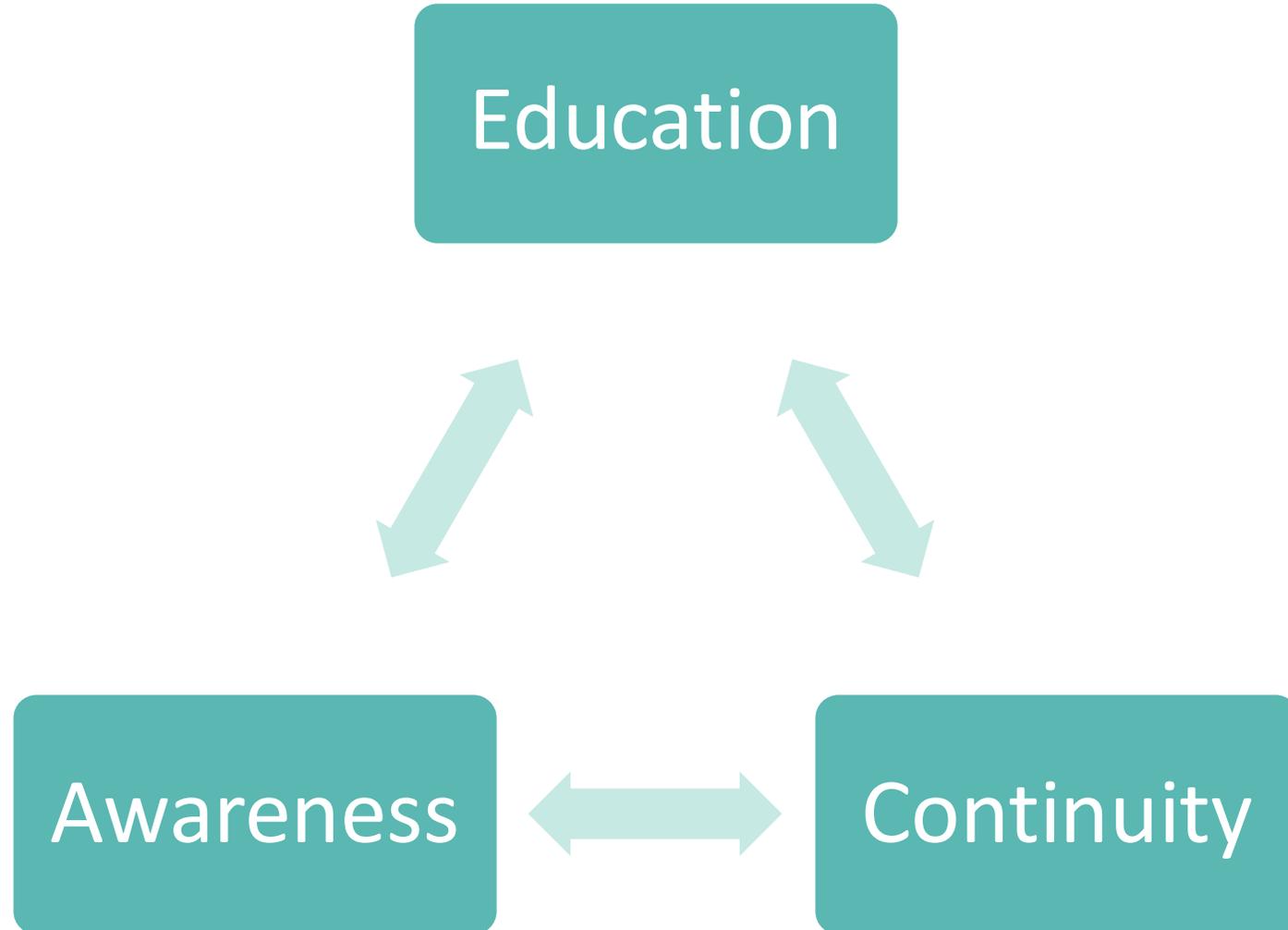
Where did we start?



September 2023:

- Curriculum:
 - No formal teaching on the concept of resource stewardship
- Continuity:
 - Every year, STARS would start from scratch to build their project with minimal handover from prior year
- Mentorship:
 - No faculty advisor
- Awareness:
 - Students had minimal awareness of Choosing Wisely

Framework Development

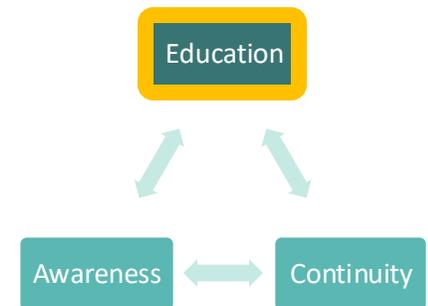


Choosing Wisely Canada Students and Trainees Advocating for Resource Stewardship (STARS) campaign: a descriptive evaluation

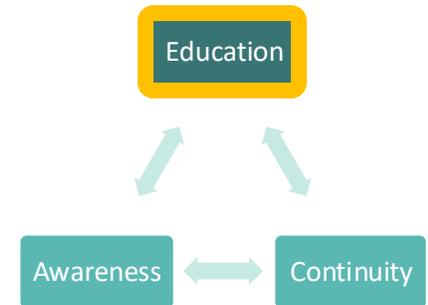
Franco Cardone BSc, Daphne Cheung BSc, Angela Han BSc, Karen B. Born PhD, Lisa Alexander MD, Wendy Levinson MD, Brian M. Wong MD

December 20, 2017 5 (4) E864-E871; DOI: <https://doi.org/10.9778/cmajo.20170090>

Students who struggled to initiate curricular change found it difficult to navigate the complexities of medical school administration. For some, advocating to incorporate resource stewardship as a new topic was seen as competing for limited curricular time. Furthermore, several schools are undergoing curricular reform, such that the introduction of new content was not seen to be a priority.



Curriculum Redesign



Education: Efforts & Outcomes

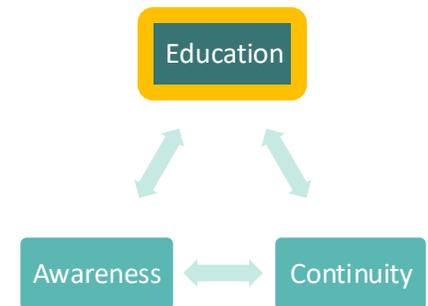


Efforts:

- Curricular mapping
- Met with Dean x3
- Met with Associate Dean + Block Leads x3

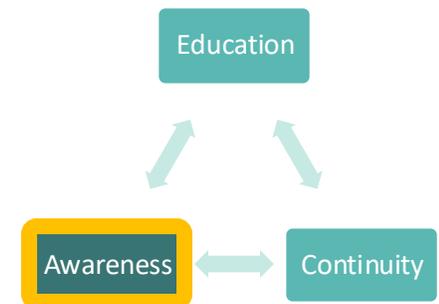
Results:

- 'Intro to Resource Stewardship' lecture
- Integration of exam questions
- Integration into CBL



Awareness: Quarterly Events

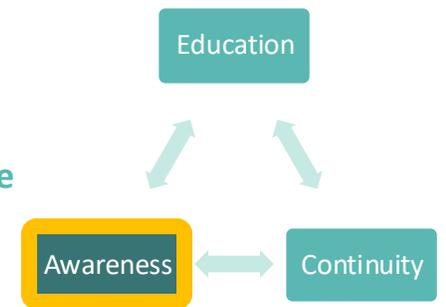
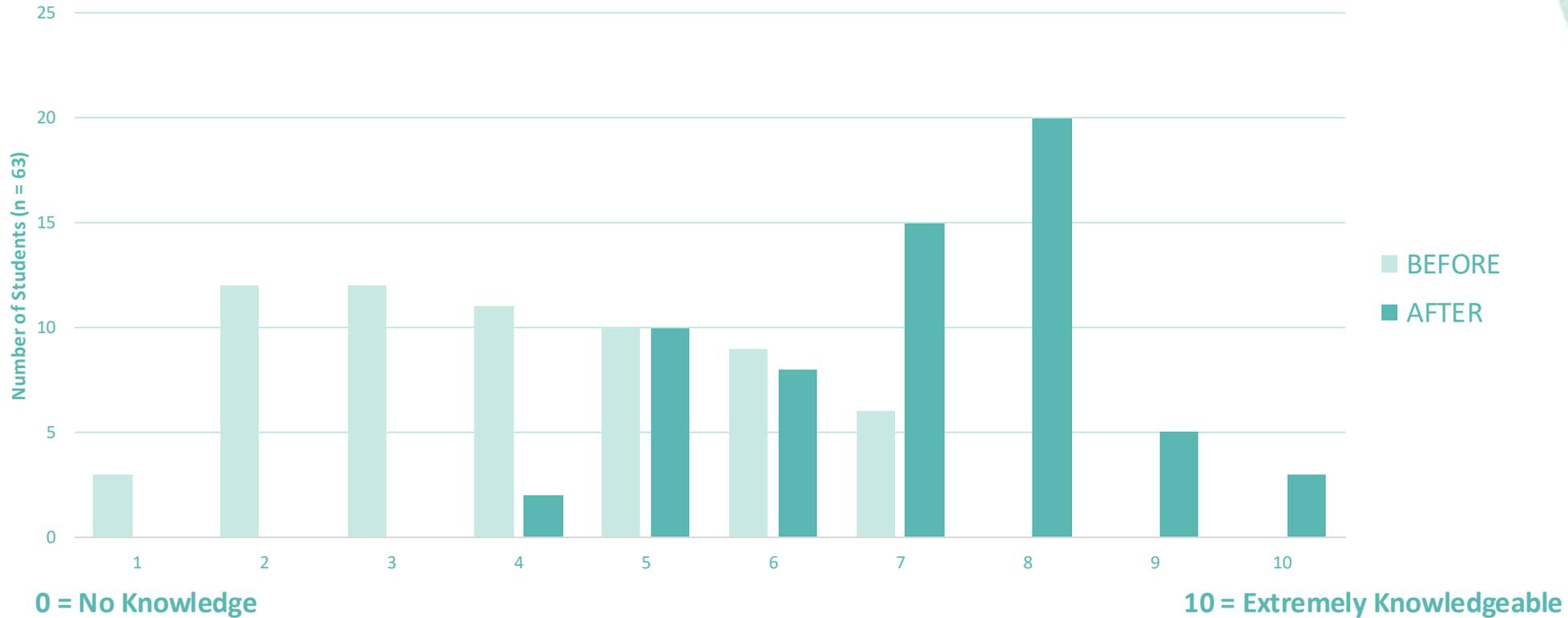
- December 2023:
 - **Chest Pain: What to Order, What NOT to Order, and the Harms of Over-Investigation** by Dr. Eddy Lang (125 attendees)
- March 2024:
 - **Choosing Wisely Panel Q&A** (50 attendees)
- July 2024:
 - **Choosing Wisely in Primary Care** by Dr. Janet Reynolds (100 attendees)
- December 2024:
 - ***Choosing Wisely in Liver Disease*** by Dr. Kelly Burak (70 attendees)



Impact of Events



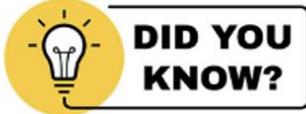
Knowledge of Resource Stewardship



Awareness: Bi-Weekly Newsletter



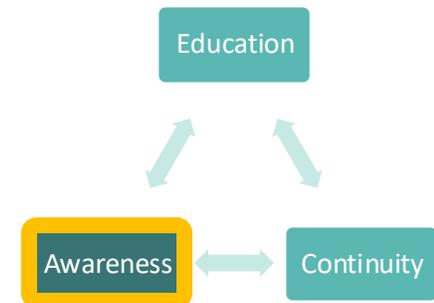
- Choosing Wisely recommendations integrated into bi-weekly class newsletter in alignment with topics learned in curriculum that week

Choosing Wisely Canada  

Choosing Wisely Moment of the Month: DEXA Scans

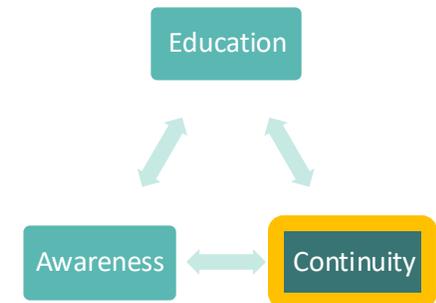
- Don't repeat dual energy X-ray absorptiometry (DEXA) scans more often than every 2 years
- The use of repeat DEXA scans at intervals of every 2 years is appropriate in most clinical settings and is supported by several current consensus guidelines. Because of limitations in the precision of testing, a minimum of 2 years may be needed to reliably measure a change in BMD. If bone mineral densities are stable and/or individuals are at low risk of fracture, then less frequent monitoring up to an interval of 5-10 years can be considered. Shorter or longer intervals between repeat DEXA scans may be appropriate based on expected rate of change in bone mineral density and fracture risk.
- Reference (see recommendation #3 on the Rheumatology section): <https://choosingwiselycanada.org/recommendation/rheumatology/?highlight=bone+density>

-Carolyn Campbell, Choosing Wisely Student Leader (Class of 2026)



Continuity

- Established a 'Choosing Wisely' club at UofC
- Established faculty advisor (Dr. Brahmania → Dr. Burak)
- Development of framework for future STARS
- Repeat events in primary care and specialty care
- 'Introduction to Resource Stewardship' lecture during orientation week for all future classes



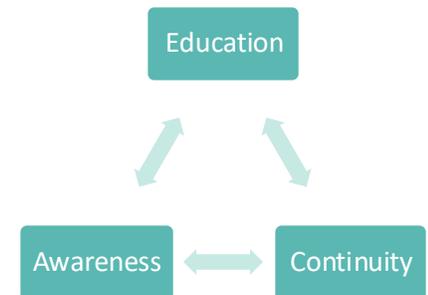
Future Directions

UofC STARS:

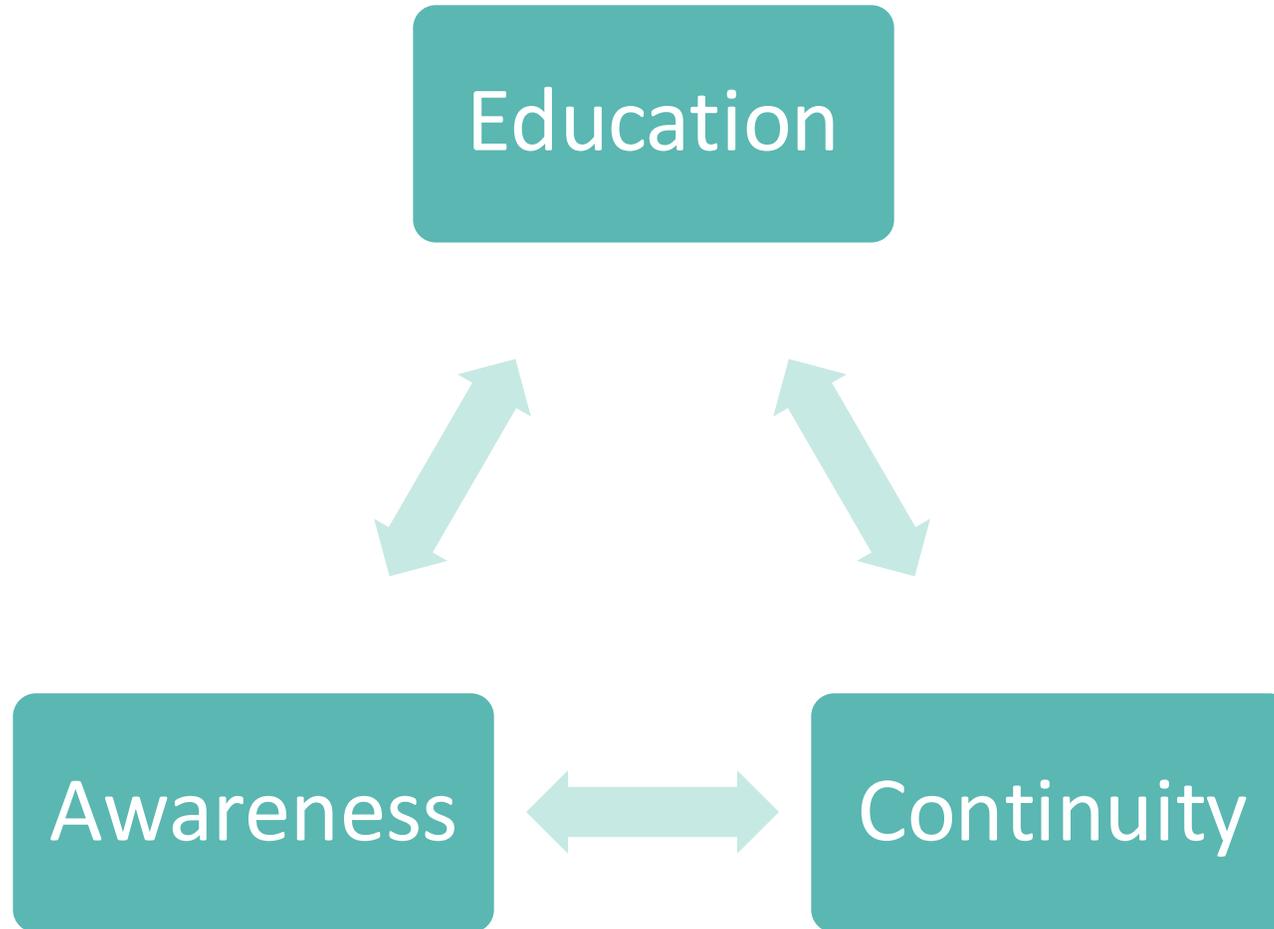
- Recurring events in primary care and specialty care
- Continuation of framework
- Further integration into evaluation

Personal Goals:

- Participate in quality improvement research
- Contribute to the development of a CW recommendation



Thanks for listening! Questions?



Acknowledgements:

- *Kelly Burak*
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- *Tara Goodale*
- *Billy Silverstein*

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