The Choosing Wisely Certificate Program

Choosing Wisely Nova Scotia™

STAR Students:

Joshua Collins & Jakalee Myette

Dalhousie University

Presenter Disclosure

Presenter: Jakalee Myette

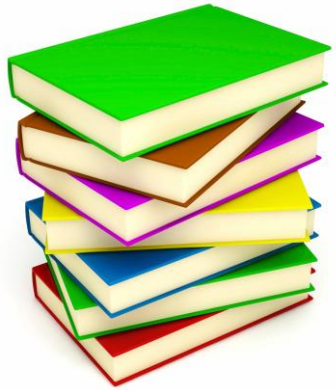
- No conflicts of interest to disclose.

Presenter: Joshua Collins

- No conflicts of interest to disclose.

Purpose

- Medical students in Canada believe resource misuse is a problem in current medical practice.
- To date, Choosing Wisely guidelines have not been adequately incorporated into medical school curricula despite calls from students to further incorporate Choosing Wisely guidelines into their curriculum.
- We realized there was a mismatch between student's interest in Choosing Wisely principles and their minimal coverage in our curriculum and were inspired to address this.
- Our solution was a six-week Choosing Wisely Certificate Program.



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Recruitment & Sign-Up

- Class Facebook Groups
- Student Newsletter
- Medical Science Society & Dal Med Instagram Stories

- 58 students signed up for the Certificate Program:
    - 16 first year medical students
    - 14 second year medical students
    - 17 third year medical students
    - 11 fourth year medical students

RESOURCE STEWARDSHIP CERTIFICATE

In partnership with Choosing Wisely Nova Scotia

Who: Open to any student interested in resource stewardship.

What: Participate in **4 out of 6** evening sessions to gain valuable knowledge in resource stewardship and receive a **Choosing Wisely Nova Scotia Certificate.**

When: Sessions take place on select evenings from **6-7 p.m. AST.**

Where: Held virtually, accessible from anywhere.

Sign up here: https://forms.gle/oQ1znFaXfqXfFtP88

Course Structure

Session	Objectives	Format
Choosing Tests Wisely	1. How tests work and how to use them effectively. 2. Risks of overtesting and unnecessary investigations.	Lecture
Choosing Wisely x Harm Reduction	1. Interplay of Addiction Medicine and Choosing Wisely. 2. Future roles of Addiction Medicine in managing treatment. 3. Historic context. 4. Describe interdisciplinary harm reduction teams.	Panel
Choosing Antibiotics Wisely	1. Define antimicrobial stewardship and the strategies for optimizing antimicrobial use in clinical practice. 2. Discuss the global challenge of antimicrobial resistance and its implications for healthcare. 3. Highlight key recommendations from Choosing Wisely Canada regarding the appropriate use of antimicrobials. 4. Discuss common clinical scenarios where overuse or misuse of antimicrobials can be reduced. 5. Strategies for conversing with patients who request an antibiotic that is not indicated.	Lecture

Course Structure

Session	Objectives	Format
Choosing Wisely for Planetary Health	1. Define planetary health, explain the relationship between human health and the environment, and discuss how it aligns with the Choosing Wisely principles to promote sustainable healthcare. 2. Discuss ways to integrate environmental considerations into clinical decision-making without compromising patient care. 3. Discuss the ways in which medications and pharmaceuticals impact the environment and how we as HCPs can help to mitigate these impacts. 4. Explore the role of interdisciplinary collaboration in addressing planetary health issues within the healthcare sector.	Panel
Choosing Wisely + Delirium	1. Define delirium and how we differentiate it from conditions that mimic delirium. 2. Explore CW recommendations for management of delirium in older adults. 3. Discuss non-pharmacological strategies for preventing and managing delirium in geriatric patients. 4. Identify potential high-risk medications and interventions that can contribute to or worsen delirium in older adults and discuss strategies for their careful use or avoidance. 5. Discuss the role of interdisciplinary teamwork in managing delirium.	Lecture
Choosing Blood Wisely	1. Review the principles of Choosing Wisely in the context of blood management, including key recommendations to avoid unnecessary transfusions and improve patient outcomes. 2. Describe the clinical indications and thresholds for blood transfusion in various patient populations, focusing on evidence-based guidelines to prevent overuse.	Lecture

Certificate

CERTIFICATE OF COMPLETION

THIS CERTIFIES THAT

has successfully completed the Resource Stewardship Training hosted by Dalhousie STARS students in collaboration with Choosing Wisely Nova Scotia.

December 3rd, 2024

Date

Choosing Wisely Nova Scotia™

Dr. Katie Gardner

Clinical Lead, Choosing Wisely Nova Scotia

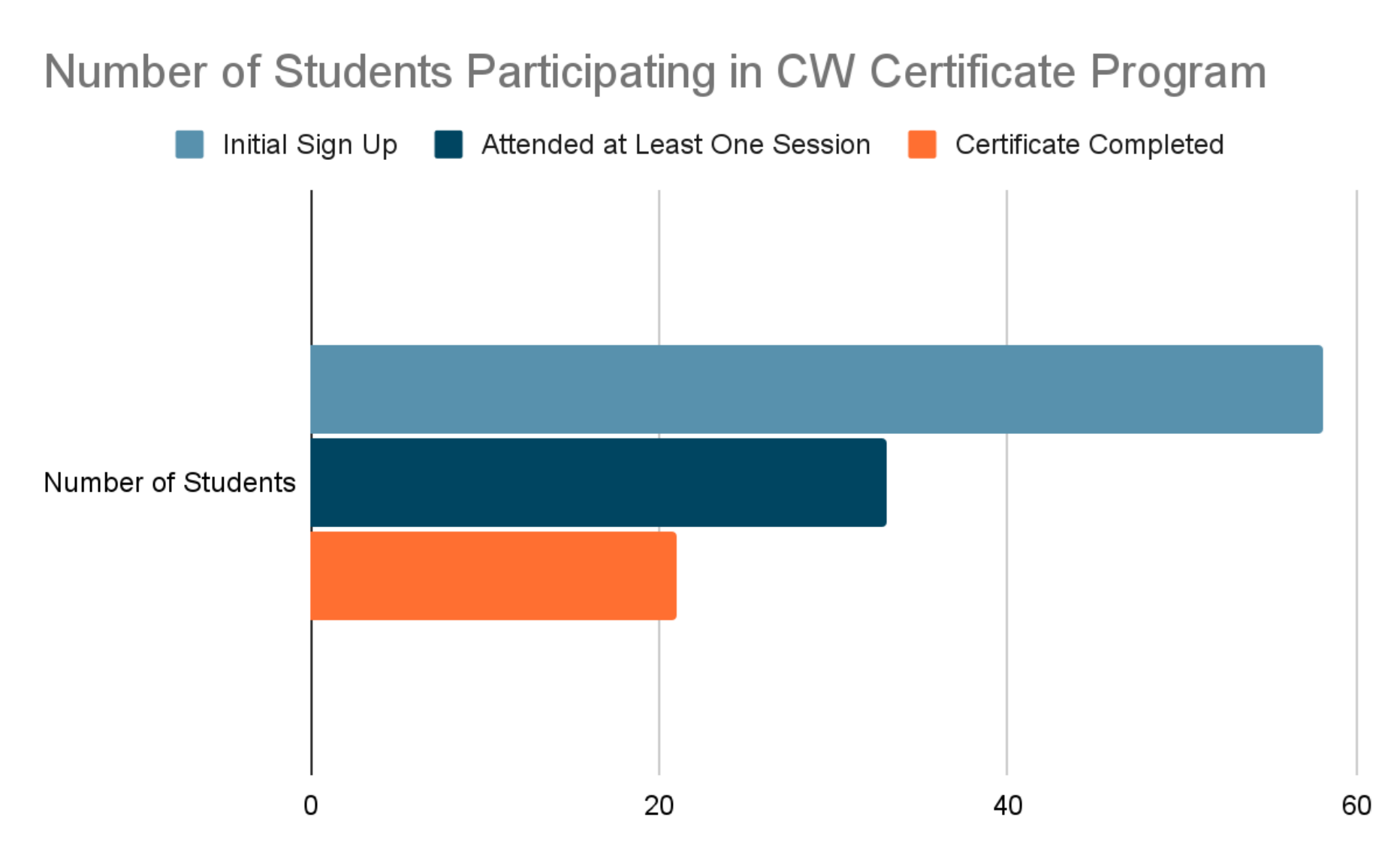
Case-Based Learning

- Each week wrapped up with a case to review the relevant Choosing Wisely guidelines allowing students to apply what they learned.
- Students answered 4-5 MCQ in each case.
- Used to track attendance.

1. Which of the following is recommended as the first-line treatment for delirium in hospitalized elderly patients according to Choosing Wisely Canada guidelines?

- ◯ a) Antipsychotics
- ◯ b) Benzodiazepines
- ◯ c) Non-pharmacologic interventions
- ◯ d) Antibiotics

Impact

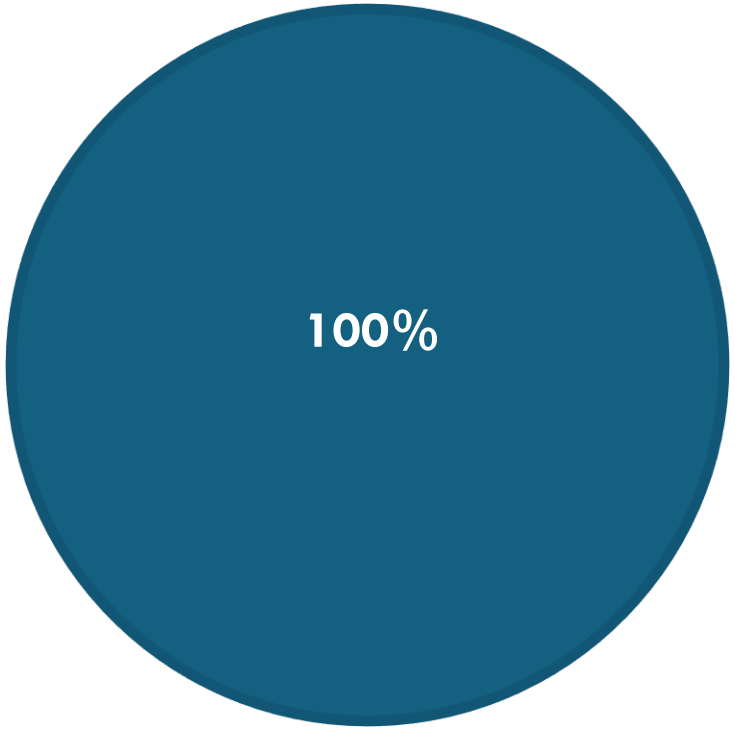

Number of Students Participating in CW Certificate Program
Initial Sign Up
Attended at Least One Session
Certificate Completed
Number of Students
0
20
40
60

Post-Program Evaluation

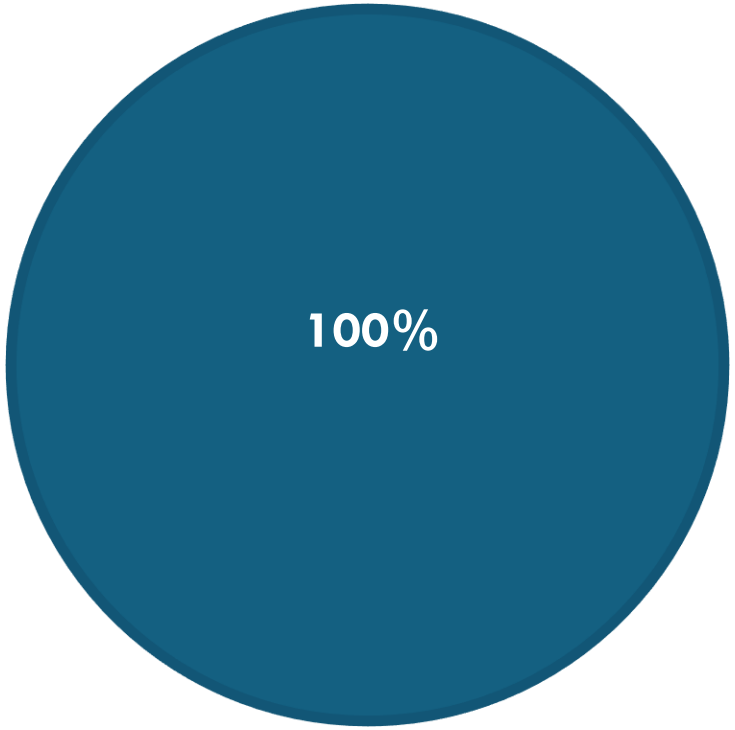
Characteristics of Post-Program Survey Respondents (n=18)	
Characteristic – no. (%)	
Completed Certificate	
Yes	14 (77.7)
No	4 (22.2)
Graduating Class	
2025	2 (11.1)
2026	4 (22.2)
2027	6 (33.3)
2028	6 (33.3)

Respondents Who…

FELT THE COURSE IMPROVED THEIR KNOWLEDGE OF CW PRINCIPLES



FELT THAT CW PRINCIPLES WERE RELEVANT TO THEIR FUTURE CAREER



The Most Valuable Aspects

- *“Enjoyed first line experience sharing from panelists to understand how guidelines are working / applied to real practice.”*
- *“The real-life examples from physicians.”*
- *“The expert lecturer.”*
- *“The case-based questions towards the very end of each course allows us to put the lessons we learned into practice.”*
- *“The case discussion at the end of the sessions were a good way to test our learning and solidify the Choosing Wisely guidelines we learned.”*
- *“The application of concepts to cases! Really helped solidify the topics.”*

Suggestions for Improvement

- *"Provide the case base practices prior to session for independent completion, then review answers as group."*
- *"More case questions - ability to do the course later if needed (like recorded)."*
- *"I think it would be beneficial to compile resources (i.e., e-pamphlets, posters, etc.) under each topic for students to refe back to after the course."*
- *"A podcast recorded version would be great!"*
- *"Sometimes the cases at the end felt a little bit rushed. Maybe having more time for discussion with panelists/experts about the content of the case."*

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Where to Go From Here?

- Run with the suggestions! Expand access to course content.
- Deliver the course in more formats.
  - Asynchronous options
- Expand membership to allied health students:
  - Nursing, Pharmacy, Physician Assistant, etc.
- Maintain relationships with existing lecturers and broaden recruitment to cover different topics.
  - Provide lecturers with a post-program feedback survey.

Thank you!

- Thank you to Dalhousie's former STARS Chloe Blackman, Marissa MacInnis and Dara Liu that worked with us to bring this certificate to life!

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