Choosing Wisely at the University of British Columbia

Learnings from the 2024-2025 UBC STARs

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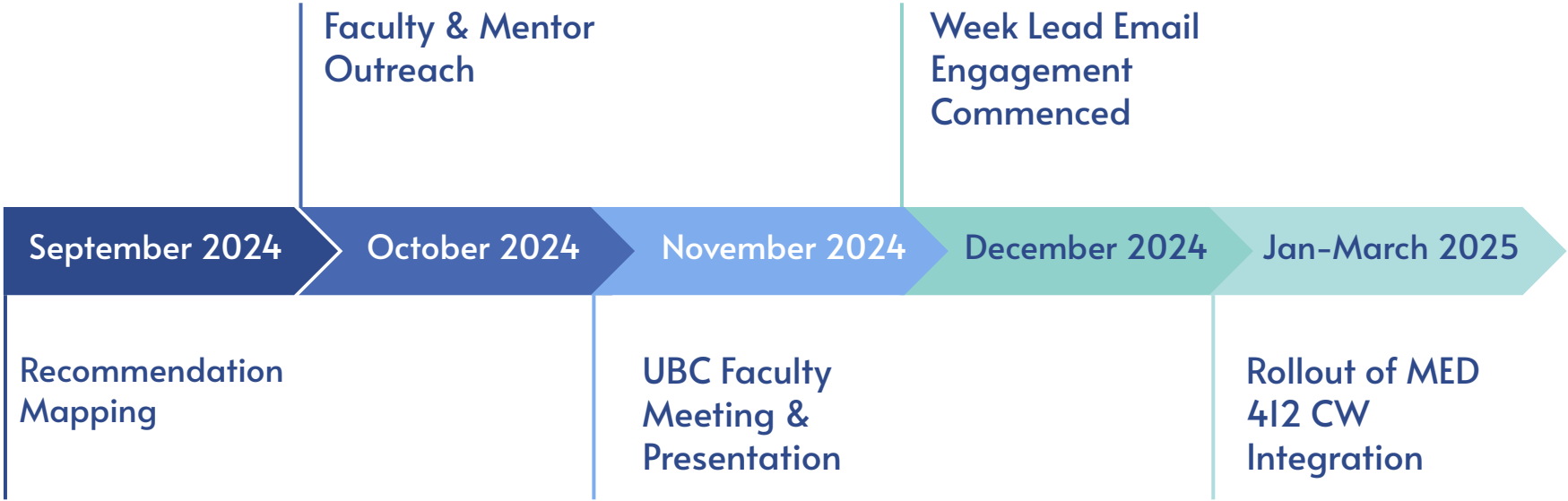
Curriculum Integration

Incorporating Choosing Wisely pearls into pre-existing material

Undergraduate Medical Education at the University of British Columbia

- 1/17 medical schools across Canada
- Currently the only program in British Columbia
- Distributed across four geographically distinct sites
- Adopts a “spiral” curriculum

Faculty Engagement

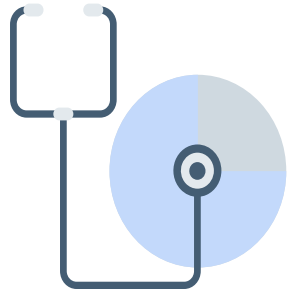


Email Outreach to Week Leads

- In conjunction with MEDD 412 course lead, Dr. Clarissa Wallace, 13 week leads were emailed.
  - Provided with detailed guidelines for each of the recommendations we'd mapped to the curriculum.
  - Encouraged to incorporate their own insights about resource stewardship from clinical practice.

- We received 8 responses.

- A total of 6 recommendations were integrated into existing MED 412 content.



Choosing Wisely Canada **recommends:**

Don’t routinely order a thyroid ultrasound in patients with abnormal thyroid function tests unless there is a palpable abnormality of the thyroid gland.

Thyroid ultrasound is used to identify and characterize thyroid nodules, and is not part of the routine evaluation of abnormal thyroid function tests (over- or underactive thyroid function) unless the patient also has a large goiter or a lumpy thyroid. Incidentally discovered thyroid nodules are common. Overzealous use of ultrasound will frequently identify nodules, which are unrelated to the abnormal thyroid function, and may divert the clinical evaluation to assess the nodules, rather than the thyroid dysfunction. Imaging may be needed in thyrotoxic patients; when needed, a thyroid scan, not an ultrasound, is used to assess the etiology of the thyrotoxicosis and the possibility of focal autonomy in a thyroid nodule.

Access the full CW Endocrinology & Metabolism guidelines here.

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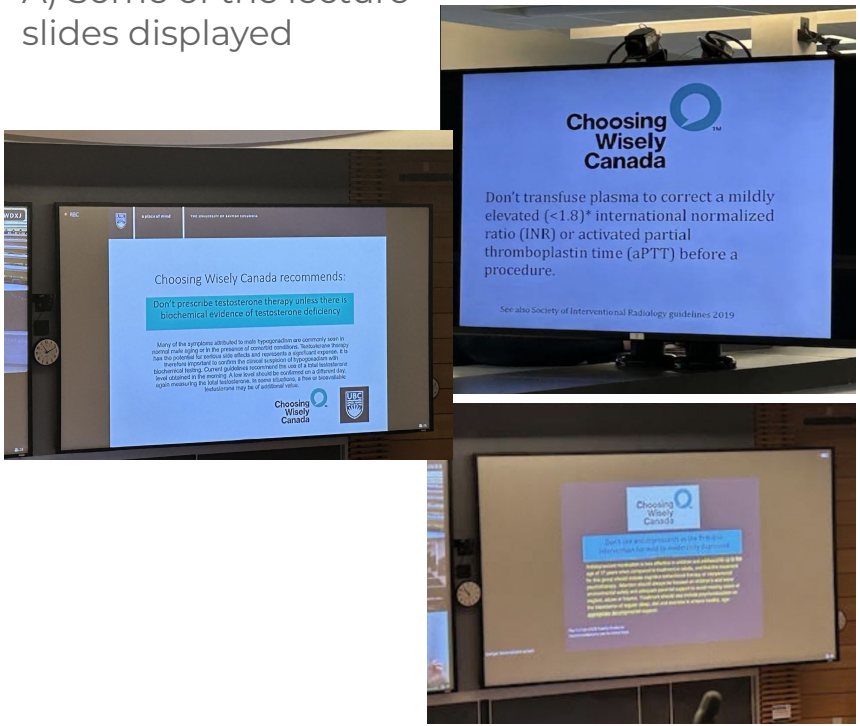
UBC

Curriculum Impact + Student Feedback

A) Some of the lecture slides displayed



B) Student feedback received via survey

100% of respondents found the incorporation of CW principles into the curriculum to be useful

Case-Based Learning (CBL) and lectures were the two curricular activities that students felt would most benefit from integration of CW principles.

C) Student suggestions on further integration

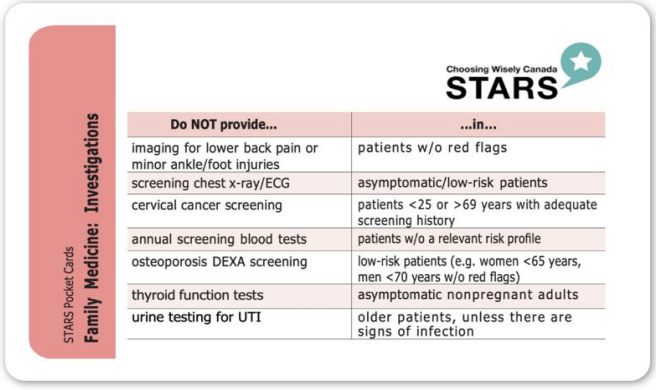
- Week-wrap up slides
- Discussion in a rural context
- Clinical cases discussing resource costs
- Charts/diagrams outlining indications
- Make **resource stewardship** a clear **learning objective**

02 Badge Card Development

Adapted from UofT 2022-2023 STARs pilot project

Family Medicine Badge Cards

- Initially developed by Ali Butt and Marta Karpinski (past UofT STARs)
  - Reviewed by UBC MD program administration and revised accordingly
- Distributed to all MSI 2 students during the “transition into clinical experiences” (TICE) pre-clerkship seminars
- Revised cards and associated materials are available for circulation to other STARs



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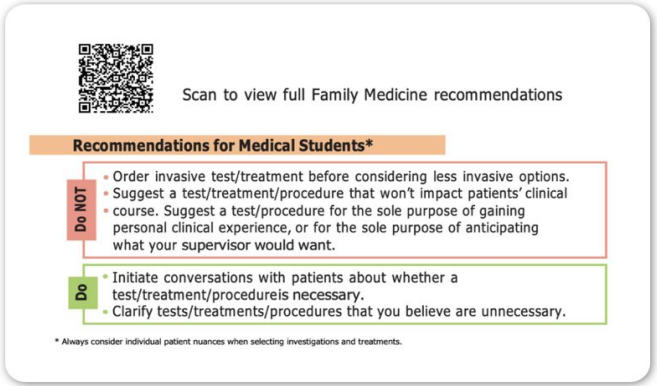


Back

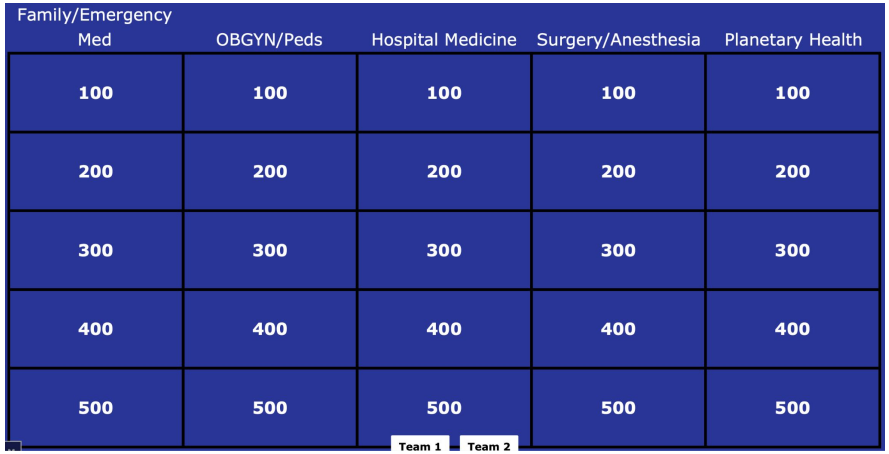
03

The Jeopardy Event

Collaboration with UBC Planetary Health clubs.

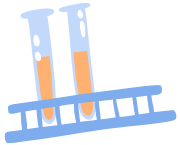
Jeopardy Event in Collaboration with UBC Planetary Health Clubs

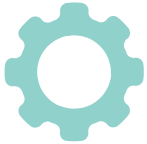
- Collaboration with UBC Enviromed and UBC Medical Students for Climate Action
- Led by second years, for fellow second years during the Transition to Clinical Experiences (TICE) period, with categories mapped onto clerkship rotations
- Pizza served!



A successful event!

04





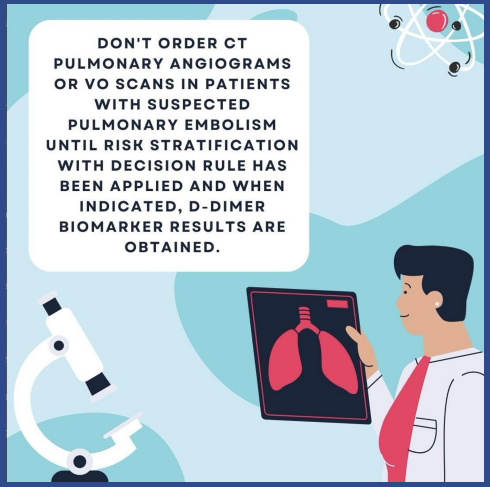
Social Media

An online avenue to connect with the UBC Medicine community

Monthly Themed Social Media Posts

- We recruited a social media representative, Lucy Hui (MSI2), to help design posts
- We decided on monthly speciality-specific themes
- Served to help spread CW awareness through the UBC Medicine community and connect with other CW hubs

Month	Specialty/Topic	Potential Recommendations
January	Emergency Medicine https://choosingwiselycanada.org/recommendation/emergency-medicine/	1) Don't order CT pulmonary angiograms or VO scans in patients with suspected pulmonary embolism until risk stratification with a decision rule has been applied and D-dimer biomarker results are obtained when indicated. 2) Don't order ankle and/or foot X-rays in patients who have a negative examination using the Ottawa ankle rules.
February	OBGYN https://choosingwiselycanada.org/recommendation/obstetrics-and-gynaecology/	1) Don't do electronic fetal monitoring for low-risk women in labour; use intermittent auscultation. 2) Don't give antenatal corticosteroid therapy unless the pregnant woman meets the gestational age criteria and the risk of delivery within the next 7 days is very high. 3) Don't routinely screen with Pap smears if under 21 years of age or over 69 years of age.
March	Neurology https://choosingwiselycanada.org/recommendation/neurology/	1) Don't choose opioids or cannabinoids as the first choice of treatment for neuropathic pain. 2) Don't routinely perform brain imaging after an acute seizure in patients with established epilepsy.



Social media as a tool for raising public awareness

Future Directions

Expansion of curriculum integration

Establishment of recommendations into full 1st and 2nd year curriculum and CBL sessions.

New curricular initiatives and opportunities

CW incorporation into new infectious diseases and pharmacology curricula.

Long-term badge card distribution

Continued badge card distribution through upcoming years and expansion into subspecialties

THANKS!

Share your input with us via slido!

Questions?

Contact us!
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