

Choosing Wisely at the University of British Columbia

Learnings from the 2025-2026

UBC STARS

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Presenter Disclosure

- **Presenter:** Stephanie Quon
- **Relationships with financial sponsors:**
 - **Any direct financial relationships including receipt of honoraria:** SuperSTARS Award supported by the Canadian Medical Association
 - **Memberships on advisory board or speakers' bureau:** None
 - **Patents for drugs or devices:** None
 - **Other – financial relationships/investments:** None

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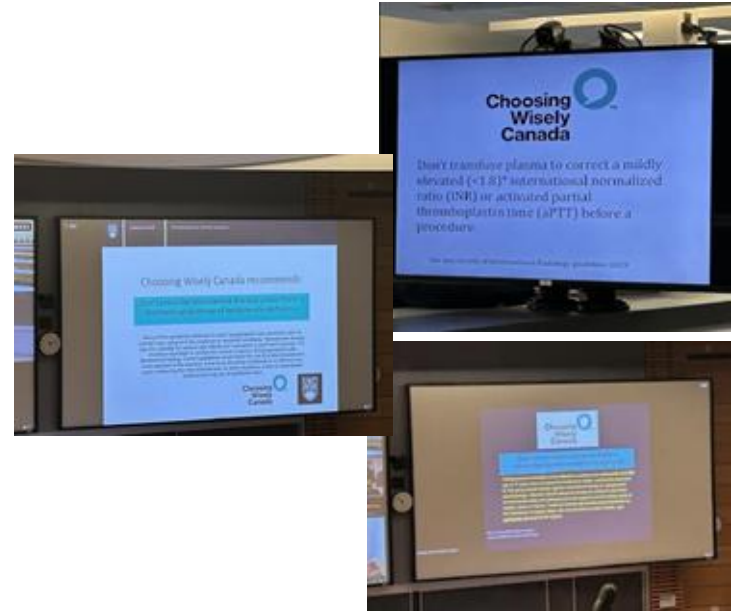
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Curriculum Integration

- UBC has a spiral curriculum where each week has a theme such as sepsis, heart failure, etc.
- We collaborated with first-year undergraduate medical curriculum leads to integrate Choosing Wisely recommendations into lectures through weekly curriculum slides





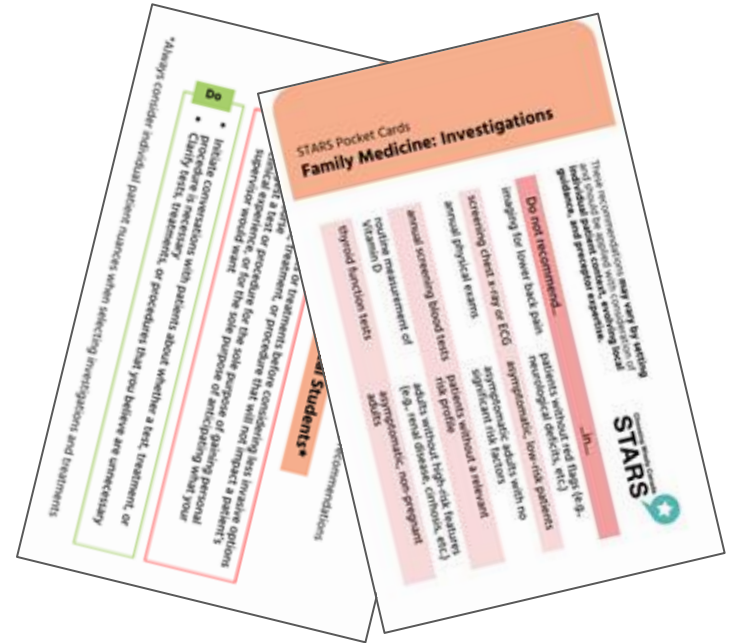
Choosing Wisely Canada **recommends:**

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.

Family Medicine Badge Cards

- Initially developed by past UofT STARS, and revised and reviewed by UBC family medicine leads
- Distributed to all second year medical students during the “transition into clinical experiences” pre-clerkship seminars
- Cards were accompanied by a presentation of the recommendations



Patient Engagement Involvement

- With support from our faculty advisor, Dr. Anshula Ambasta, we engaged in stewardship-focused research as working group members for the RePORT (Re-Purposing the Ordering of Routine laboratory Tests) initiative
- Reviewed and provided feedback on patient engagement initiatives



Research and QI Involvement

- Conducting a survey of GIM physicians across CTUs in BC to assess perceptions of existing QI metrics and identify indicators that support resource stewardship and avoidance of low-value care
- Performing a scoping review of inpatient internal medicine quality indicators to identify metrics reflective of resource stewardship



“Escape” from Low-Value Care

- We designed and piloted a gamified workshop with 20 medical students which taught primary care Choosing Wisely recommendations designed as an escape room
- We received grant funding from the Canadian Medication Appropriateness and Deprescribing Network



Thank you!

Questions?

Email: quons@student.ubc.ca



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