

## **The Ethical Foundation for Choosing Wisely**

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The following discussion questions are provided as an additional educational tool to accompany this fireside chat video. Please feel free to select the questions that are most relevant to your committee or group, revise and adapt them as needed, etc. As always, we welcome feedback on this or any other NSHEN resource.

### **Questions:**

- What stood out most to you in this interview and why?
- Has your thinking about how tests or treatments are offered shifted in recent years? If so, what sparked the shift?
- Dr. Campbell and Dr. LeBlanc talks about the difference between screening tests and diagnostic tests. Understanding the risks involved with screening tests may be difficult for some patients. How might you approach conversations with patients about risks to help them to make an informed choice about whether to proceed with a screening test?
- Have you encountered situations where patients have been over-tested or over-treated?
- What factors do you think contribute to over-testing or over-treating?
- How might over-testing be harmful to patients?
- It is mentioned in the interview that patients often have the perception that more testing is better. Is that your impression too? Why or why not?
- The Choosing Wisely campaign aims to promote and support a change in the culture of health care practice.
  - What are some of the barriers to choosing wisely that patients may face?
  - What are some of the barriers to choosing wisely that physicians and other health care providers may face?
  - How might some of these barriers be addressed?
- Collaborative decision-making is a key element of patient-centered care. How might physicians and other health care providers help patients to choose wisely?

## Resources

Choosing Wisely Nova Scotia: <https://doctorsns.com/advocate/choosing-wisely-ns>

Choosing Wisely Canada: <https://choosingwiselycanada.org/>

Cassels, A. (2017). Five years wisely: A look at Choosing Wisely's effort to reduce unnecessary medical care. Blogpost, Healthnewsreview.org, published April 25, 2017. <https://www.healthnewsreview.org/2017/04/five-years-wisely-a-look-at-the-choosing-wisely-campaign-to-reduce-unnecessary-medical-tests-and-treatments/>

Fleck, L. M. (2016). Choosing Wisely - Is Parsimonious Care Just Rationing? *Cambridge Quarterly* 25(3): 366-376. <https://www.cambridge.org/core/journals/cambridge-quarterly-of-healthcare-ethics/article/choosing-wisely/227A9BF9C506698EB9D49D644B9386E1>

Furlan, L., Francesco, P.D., Constantino, G., Montana, N. (2022). Choosing Wisely in clinical practice: Embracing critical thinking, striving for safer care. *Journal of Internal Medicine* Vol. 291(4): 397-407. <https://onlinelibrary.wiley.com/doi/10.1111/joim.13472> *Nature* 579, S2-S4 (2020)

Gilbert, N. (2020). The pros and cons of screening. *Nature* 579, S2-S4 (2020) <https://www.nature.com/articles/d41586-020-00841-8>

Schrager, S. (2018) Five Ways to Communicate Risks So That Patients Understand. *Fam Pract Manag.* 2018;25(6):28-31. <https://www.aafp.org/pubs/fpm/issues/2018/1100/p28.html>

Synnot, A. and Synnot, D. (2018). When patients choose wisely: empowering patients with evidence to resist low-value care. Blogpost, The BJM Opinion. Published August 29, 2018. <https://blogs.bmj.com/bmj/2018/08/29/when-patients-choose-wisely-empowering-patients-with-evidence-to-resist-low-value-care/>

Zikmund-Fisher BJ, Kullgren JT, Fagerlin A, Klamerus ML, Bernstein SJ, Kerr EA. Perceived Barriers to Implementing Individual Choosing Wisely® Recommendations in Two National Surveys of Primary Care Providers. *J Gen Intern Med.* 2017;32(2):210-217. doi:10.1007/s11606-016-3853-5 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5264674/>

*Some articles require access with an institutional login. If you need assistance in accessing an article please email NSHEN administrator Krista Mleczko-Skerry at [Krista.MleczkoSkerry@iwk.nshealth.ca](mailto:Krista.MleczkoSkerry@iwk.nshealth.ca)*