



## 2016 EVOLVE Forum

The 2016 EVOLVE Forum brought together experts from 22 specialties to discuss the implications, common themes and learnings arising from their completed EVOLVE lists. Opened by Laureate Professor Nick Talley, and facilitated by Dr Norman Swan, the Forum affirmed the strong partnership between the College and the specialties, as well as the importance of cross-specialty consultation. External stakeholders, including the Royal Australian College of General Practitioners (RACGP), NPS Choosing Wisely, the Consumer Health Forum (CHF), and the NZ National Health Committee, brought different perspectives to the discussions, and highlighted the importance of collaboration and partnership to the success of EVOLVE.



“Thank you for the opportunity to liaise with other specialties and to learn and debate this very important initiative”.

“I liked the whole structure: talks, panels and table discussions. I thought the focus of the day was excellent, with good interactions and support”

The participants demonstrated the tremendous enthusiasm with which EVOLVE has been embraced by Fellows, and the strong and positive partnership between the College and associated specialties. President Nick Talley highlighted the impressive progress made to date, including the publication of ten EVOLVE lists (with a further fourteen under development), as well as the launch of the EVOLVE website and our partnership with campaigns such as Choosing Wisely Australia.

There were two main goals of the EVOLVE Forum: to encourage cross-specialty discussions about the implications, common themes and learning arising from the completed EVOLVE lists; and to consider how the College can support the translation of these lists into clinical practice.

The first of these goals was the focus for the three cross-specialty panels, featuring lead Fellows involved in the development of their specialty's list. The panellists highlighted the challenges encountered when developing their lists, and discussed with the audience how they engaged and worked with their members and what they had learnt from the process.

Professor Ian Scott spoke about the cognitive biases that impact how decisions are made, and how this knowledge can be harnessed to bring about clinical change through EVOLVE.

Following this, Professor Links and Ms Krista Recsei from the College's Fellows Learning Support Unit highlighted the range of possible resources that could be developed to assist specialties and facilitated an active discussion on participant's own experiences of effective changes strategies and their views on what would be most relevant to their specialty and list.

Each of the table groups at the Forum spent time identifying barriers to change, focusing on the reasons why low-value items are still being used, whose clinical practice needs to change, and what might help bring about or impede that change; reflecting on their own experience. A broad range of reasons were suggested, including: lack of knowledge (sometimes from referring clinicians); patients desiring an answer; a culture of taking action (i.e. expected to 'do something'); a fear of missing something; physicians uncomfortable with 'difficult discussions'; and demand for testing - driven by specialists, GPs and patients equally.

EVOLVE is part of a growing international movement, and Professor Adam Elshaug from the University of Sydney updated the group on developments in this area and how EVOLVE is both learning from and influencing key healthcare reforms. Professor Elshaug also highlighted the importance of evaluation and identifying research gaps to ensure that EVOLVE remains relevant, timely, and delivers the most benefit to patients.

## Collaboration, Partnership & EVOLVE

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The partnership between the College and the specialties is at the heart of EVOLVE, and there was consistent and positive feedback from the Forum attendees that this partnership is working well. The strength of these relationships and the ongoing commitment to working together will be vital to our ongoing task of translating the EVOLVE recommendations into clinical practice.

The importance and value of cross-specialty consultation was a strong and recurring theme throughout many of the discussions at the Forum; not only for the development of the Top 5 lists, but also when considering what is needed to bring about changes to clinical practice. The need for consultation extends beyond the RACP, and involves collaboration and partnership with other colleges and stakeholders - an idea that was strongly supported by the RACGP and the CHF who attended the Forum.

## Support for the 2016 EVOLVE Forum

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97.4%

Nearly all of those who attended believed that the Forum provided the impetus and resources to drive EVOLVE forward

87.5%

There was very strong support for the statement that the Forum promoted cross-specialty collaboration

92.9%

Nearly all of those who attended believed that the three panel presentations were worthwhile and contributed to their overall knowledge about the EVOLVE initiative and the specialties involved



“To attract more Fellows, we need to shape the sector, impact patient care, drive change and lead innovation.”

“The ideas presented on dissemination were really useful - as were the panel discussions and the mechanisms to drive change”

## EVOLVing to Quality Practice

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As a goal of the EVOLVE Forum, discussions pertaining to how the College can support the translation of Top 5 lists into clinical practice took place at each of the tables throughout the day.

There was strong agreement that developing educational resources and tools was essential. Materials that would assist physicians explain the EVOLVE recommendations and principles to their patients were identified as highly important, including resources to help doctors have ‘difficult discussions’ about the efficacy of treatment options with patients. It was also clear that the work of other initiatives and organisations, including Choosing Wisely and the Consumers Health Forum, in increasing consumer engagement in healthcare decision-making, is crucial. There was also a call to continue engagement with other colleges to consider developing or co-developing resources that would be useful across professions.

On-going skills development and education was recognised as being key, with ideas including: audit tools to provide individual and practice level feedback; training in communication and decision-making; skills development in addressing cognitive bias; and, specific resources and tools considering the lists and their recommendations. Other ideas included utilising electronic decision support software (such as health pathways); and training modules that are tailored for each specialty.

The College’s cross-functional EVOLVE team is reviewing all these suggestions and will be developing a plan to progress the priority elements.

There will be further discussions around cognitive bias at the upcoming Congress in Adelaide, and the release of the first EVOLVE podcast ([www.racp.edu.au/pomegranate/View/episode-10-evolving-your-practice](http://www.racp.edu.au/pomegranate/View/episode-10-evolving-your-practice)) is just the start of this work

*To discuss matters relating to EVOLVE or your specialty’s engagement, please contact [evolve\(at\)racp.edu.au](mailto:evolve@racp.edu.au)*