

# Reducing Low Value Care: *Implementing EVOLVE and Choosing Wisely at Monash Health*

Angela Melder

*Manager*

*Centre for Clinical Effectiveness*

*Monash Health*

*Melbourne, Australia*

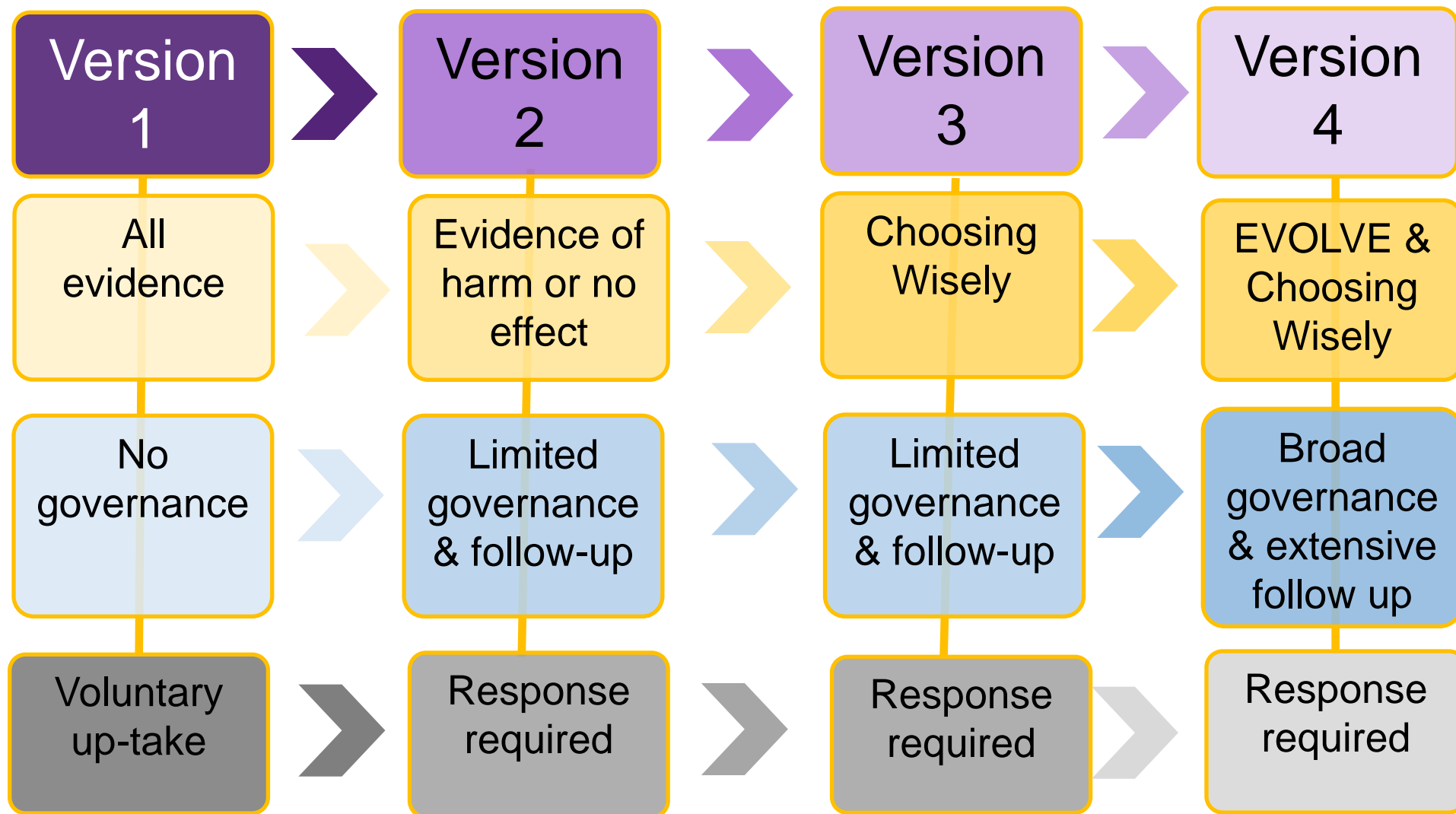


Centre for Clinical Effectiveness

Clinicians, Consumers, Evidence

MonashHealth

# The Evidence Dissemination Service



# Lessons

## Evidence & Recommendations

Excessive amounts of evidence

- *EVOLVE and Choosing Wisely provide evidence based, high priority clinical practice recommendations*

## Governance

Organisational decision making structures and teams need to be in place to provide governance and oversight of dissemination and monitoring or practices.

## Accountability

- Broad engagement and involvement at all levels of the organisation
- Accountable leadership

## Implementation

- Leadership to drive the process of dissemination and to embed it into organisational practices
- Dissemination and response needs to be facilitated
- Provision of resources to disseminate and to implement

# Monash Health project



## 5 QUESTIONS

TO ASK YOUR DOCTOR OR OTHER HEALTH CARE PROVIDER BEFORE YOU GET ANY TEST, TREATMENT OR PROCEDURE

Some tests, treatments, and procedures provide little benefit. And in some cases, they may even cause harm. Use the 5 questions to make sure you end up with the right amount of care — not too much and not too little.

1

**DO I REALLY NEED THIS TEST OR PROCEDURE?** Tests may help you and your doctor or other health care provider determine the problem. Procedures may help to treat it.

2

**WHAT ARE THE RISKS?** Will there be side effects? What are the chances of getting results that aren't accurate? Could that lead to more testing or another procedure?

3

**ARE THERE SIMPLER, SAFER OPTIONS?** Sometimes all you need to do is make lifestyle changes, such as eating healthier foods or exercising more.

4

**WHAT HAPPENS IF I DON'T DO ANYTHING?** Ask if your condition might get worse — or better — if you don't have the test or procedure right away.

5

**WHAT ARE THE COSTS?** Costs can be financial, emotional or a cost of your time. Where there is a cost to the community, is the cost reasonable or is there a cheaper alternative?

**Consumer Engagement**

- Putting 5 questions into Patient Ward Packs
- Initiative led by Patient Experience Team
- Employment of a project officer

# Monash Health activities

- Medical Training – Inclusion of appropriate speciality lists into the “HOT TOPIC” lectures delivered each year to FRACP basic trainees
- Proton pump inhibitors administered in ICU
- Change in policy about changing current routine replacement of peripheral intravenous catheters from 72 to 96 hours and then to “when clinically indicated”.
- Paediatrics department reinforces recommendations as part of daily hand-over. Also included in weekly Grand Rounds.

# Monash Health activities

- Pharmacy – Ward pharmacists as educators and include recommendations / use red flags for NSAIDS
- Transfusion Committee is prompting the use of RACS recommendations in the minimisation of blood transfusion
- Diagnostic Imaging is using the RACR App for clinical decision rules
- Physiotherapy and Nursing - Introducing the recommendations into Advanced Education Program

# How can RACP help us?

- Engage with hospitals - understand the different contexts (culture, priorities)
- Support health services with raising awareness of EVOLVE recommendations,
  - e.g. use College newsletters for internal dissemination and use Choosing Wisely more for external dissemination
- Showcase pilot sites in College newsletters
- Include EVOLVE recommendations within medical exam questions

# How can RACP help us?

- Link to the Australian Commission on Safety and Quality in Health Care, National Safety and Quality Health Service Standards
- Support with Pilot Site applications
- Fund competitive fellowships and doctoral scholarships in the targeting low value care



# Thank you

## Monash Health Colleagues

A/Prof Richard King

Ms Marie Garrubba

Ms Gillian Yap

Ms Kate Mcdermid

Dr Claire Harris