

Evolve

Better care. Better decision-making. Better use of resources.

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What is Evolve?

Part of a global movement, Evolve is an initiative led by physicians and the RACP to drive high-value, high-quality care in Australia and New Zealand.

Evolve is a founding member of the Choosing Wisely campaigns in Australia and New Zealand.

Through a rigorous peer-review process, Evolve identifies a specialty's **Top 5** clinical practices that, in particular circumstances, may:

- be overused;
- provide little or no benefit; or
- cause unnecessary harm.

What does Evolve mean for physicians?

Evolve aims to:

- Safely and responsibly phase out low-value tests, treatments and procedures where appropriate;
- Support physicians in providing high-value care to patients based on evidence and expertise;
- Provide a trusted process for each specialty to remain up-to-date with the latest evidence;
- Enable physicians to influence the best use of health resources, reducing wasted expenditure; and
- Ensure patients receive the test, treatment or procedure they need.

Evolve: Paediatrics

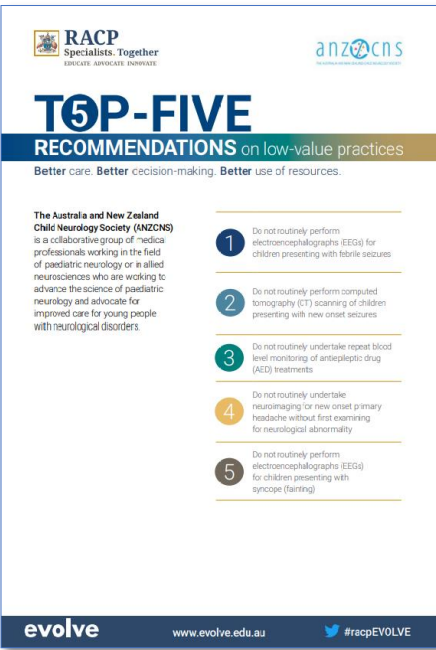
There are currently 20 Evolve **Top 5 Lists** available, with more in development.

Three paediatric Top 5 Lists have been developed:

- Australia & New Zealand Child Neurology Society
- Australasian Paediatric Endocrine Group
- RACP Paediatrics & Child Health Division

Paediatric Top 5 Lists currently in development, include:

- RACP Chapter of Community Child Health
- Neurodevelopmental and Behavioural Paediatrics Society of Australasia
- Thoracic Society of Australia and New Zealand - Paediatrics



The screenshot shows a document titled "TOP-FIVE RECOMMENDATIONS on low-value practices" from RACP and ANZCNS. It includes a list of five recommendations:

- 1 Do not routinely perform electroencephalograms (EEG) for children presenting with febrile seizures
- 2 Do not routinely perform computed tomography (CT) scanning of children presenting with new onset seizures
- 3 Do not routinely undertake repeat blood level monitoring of antiepileptic drug (AED) treatments
- 4 Do not routinely undertake neuroimaging or new onset primary headache without first examining for neurological abnormality
- 5 Do not routinely perform electroencephalograms (EEG) for children presenting with syncope (fainting)

The document footer includes the Evolve logo, the website www.evolve.edu.au, and the hashtag #racpEVOLVE.

Evolve: Call to Action

The RACP is encouraging physicians to implement these recommendations in their work and health service.

Reflecting on clinical practice

Evolve Top 5 Lists encourage physicians to consider:

- Are these low-value practices that I do?
- Are these low-value practices that I see happening?
- Are there systems, processes or expectations that encourage or drive these low-value practices in my health service?

Evolve: Call to Action

Considering individual patients

Evolve encourages **shared decision-making** with a patient and/or carer and reflection on when a clinical practice may **not** be of benefit to a patient.

Evolve encourages physicians to ask these **Top 5 Questions:**

- Should I undertake this practice for this patient?
- Do the risks to the patient outweigh the benefits?
- Does the patient really need this test, treatment or procedure?
- Does this recommendation change my clinical-decision making?
- Is there a simpler, safer option?

Evolve: Call to Action

Considering individual patients

In partnership with Choosing Wisely's '*Top 5 questions to ask your doctor or other healthcare provider*', Evolve encourages patients to ask these **Top 5 Questions**:

- Do I really need this test, treatment or procedure?
- What are the risks?
- Are there simpler, safer options?
- What happens if I don't do anything?
- What are the costs?

Evolve: Implementation

Difficult conversations

RACP has developed three training resources, which provide examples of how to include the Evolve Top 5 List recommendations in difficult conversations between:

- a patient and a physician
- a carer and a physician
- A trainee and a Fellow

An RACP Paediatrics & Child Health Division Evolve Top 5 List recommendation was included as an example:

- Do not routinely order abdominal X-rays for the diagnosis of non-specific abdominal pain in children

Evolve: Implementation

Difficult conversations

(Insert Video)

Evolve: Implementation

Evolve encourages physicians to include the recommendations in routine care:

- Clinical handovers (e.g. between health services, between clinicians)
- Clinical audits and feedback
- Computer decision support systems, e.g. electronic ordering and prescribing systems
- Education sessions (e.g. grand rounds, clinical case reviews, teachable moments)
- Nominate Evolve Clinical Champions in your health service or specialty
- Engage hospital management/executive with initiatives

Evolve: Research

RACP encourages its Advanced Trainees and Fellows to develop and conduct research projects on specific recommendations as part of specialty training.

Outcomes from these projects can be:

- Presented at conferences or published in journals
- Adapted across health services and specialties
- Used as ongoing references or resources
- A career development opportunity

RACP has included Evolve implementation activities, including research, in:

- CPD Quality & Safety Training Modules
- Supervisor Training – held at Annual Specialty Society Meetings

Evolve: Research

RACP is currently undertaking two Advanced Trainee Demonstration Projects on the Australian & New Zealand Society of Geriatric Medicine's Evolve Top 5 List items, which focus on:

- high-risk medications
- polypharmacy

These Demonstration Projects will be presented at:

- RACP Congress 2018
- Choosing Wisely National Meeting 2018
- National Medicines Symposium 2018
- Australian & New Zealand Society of Geriatric Medicine Annual Meeting 2018

Evolve: Resources

To view the Evolve Top 5 Lists and implementation resources, visit:

www.evolve.edu.au

evolve@racp.edu.au

@TheRACP

#racpEVOLVE



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