

A physician-led movement

As part of a global movement, Evolve is a flagship initiative led by physicians and the Royal Australasian College of Physicians (RACP) to drive high-value, high-quality care in Australia and New Zealand.

Evolve is a founding member of Choosing Wisely in Australia and New Zealand, with all Evolve 'Top-Five' recommendations part of the Choosing Wisely campaign.



Evolve aims to reduce low-value care by supporting physicians to:

- be leaders in changing clinical behaviour for better patient care
- make better decisions, and
- make better use of resources.



The Evolve initiative is a partnership between the RACP and specialties to identify their 'Top 5' clinical practices that, in particular circumstances, may:

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



By implementing Evolve, together we can:

- enhance the safety and quality of healthcare
- free up resources to provide patients with the tests, treatment or procedure they do need, and
- contribute to reducing the carbon footprint of the healthcare system.

Don't forget, you may be able to claim CPD credits for Evolve activities, check the MyCPD Framework.

How Evolve 'Top Five' recommendations are developed

6. Review

'Top-Five' recommendations to ensure they remain relevant.

5. Implement

the Evolve recommendations, which is led by physicians.

4. Share

the 'Top-Five' recommendations with Choosing Wisely and disseminate widely to healthcare professionals.



1. Identify

a long list of low-value care practices through evidence and consultation.

2. Refine

the list against criteria and consultation feedback to reduce to five priority low-value practices.

3. Finalise

the 'Top-Five' recommendations – shining a light on the priority low-value care practices for your specialty.

Evolve recommendation criteria

A good Evolve recommendation aims to make a difference to the safety and quality of patient care.

In partnership with specialties, we consider if the test, treatment, or procedure is:

- overused, of little or no benefit, or may cause unnecessary harm?
- undertaken mainly by the specialty?
- undertaken with noticeable frequency in the specialty or the health system?

Is there:

- robust evidence that the practice is used inappropriately, is of limited effectiveness or may be harmful?
- a way to measure outcomes of its implementation?

What you can do to implement Evolve

- Observe, think, and discuss more while doing less.
- Make Evolve recommendations a routine part of clinical handovers.
- Include Evolve recommendations in education sessions like grand rounds, workshops, clinical case reviews, team meetings and more.
- Include Evolve recommendations in clinical audits and feedback.
- Engage hospital management in implementing Evolve recommendations across the health service.
- Discuss Evolve recommendations with referring doctors and your multidisciplinary care team.
- Encourage organisational and department Evolve Champions to help drive change.
- Share your experiences, ideas and challenges with us and other physicians. **Email us at evolve@racp.edu.au**

Considering equity

Recommendations should be vigilant of the needs of various populations, including populations with distinct clinical and cultural needs.