Physician Knowledge of Choosing Wisely: A Multispecialty Look at Current Perception and Imaging Practices

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The authors have no disclosures.
Purpose

• Diagnostic imaging is a vital resource in the care of patients

• Imaging must be utilized judiciously in keeping with evidence-based guidelines to offset potential harms
Purpose

- Choosing Wisely is an initiative by the American Board of Internal Medicine created to encourage discussion between care providers and their patients about unnecessary medical tests, treatments, and procedures.
- Our study examines the current practices of physicians at our institution and their knowledge and perception of Choosing Wisely.
Choosing Wisely ACR recommendations address the following:

- Imaging for uncomplicated headache absent specific risk factors for structural disease or injury
- Imaging for suspected PE without moderate or high pre-test probability of PE
- Pre-operative chest x-rays without specific reasons due to patient history or physical exam
- CT to evaluate suspected appendicitis in children until ultrasound is considered an option
- Follow-up imaging for adnexal cysts 5 cm or less in diameter in reproductive-age women
Materials & Methods

• A 10-question, anonymous survey was distributed to the residents and faculty of 4 departments at our institution: emergency medicine, general surgery, internal medicine, and radiology
Results

• 71 completed responses of 80 respondents form the basis of this study

• Responses by department: 21 emergency medicine, 9 general surgery, 18 internal medicine, and 23 radiology

• Responses by level of training: 56% resident physicians, 44% attending physicians and/or faculty
Results

• 54% had not heard of Choosing Wisely

• 62% of physicians indicated that they would like to learn more about Choosing Wisely
Results

• 100% do not recommend or order imaging for uncomplicated headache

• 17% recommend or order imaging for suspected PE without a moderate or high pre-test probability of PE

• 17% recommend or order admission or preoperative chest x-rays for ambulatory patients with unremarkable history and physical exam
Results

- 7% recommend or order CT for the evaluation of suspected appendicitis in children before ultrasound has been considered as an option.

- 11% recommend or order follow-up imaging for clinically inconsequential adnexal cysts.
Conclusions

• The majority of physicians surveyed were unaware of Choosing Wisely…

• Heard of choosing wisely?
Conclusions

• Initiatives to increase awareness of Choosing Wisely may be useful…

• Respondents interested in learning more about choosing wisely?
  
  ![Pie chart](chart.png)

- Yes 62.0% (44)
- No 38.0% (27)
Conclusions

- Based on this study, we recommend a simple PowerPoint presentation introducing the purpose and function of Choosing Wisely with specific attention to the five ACR recommendations.

<table>
<thead>
<tr>
<th>How would you prefer to receive additional information about Choosing Wisely?</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;Live&quot; didactic-style lecture and discussion with question/answer time available</td>
<td>19.1%</td>
<td>9</td>
</tr>
<tr>
<td>&quot;Live&quot; webinar available online at scheduled time slots</td>
<td>8.5%</td>
<td>4</td>
</tr>
<tr>
<td><strong>PowerPoint presentation available for review on your own time</strong></td>
<td><strong>25.5%</strong></td>
<td><strong>12</strong></td>
</tr>
<tr>
<td>Short video available for review on your own time</td>
<td>23.4%</td>
<td>11</td>
</tr>
<tr>
<td>Reading materials provided for review on your own time</td>
<td>17.0%</td>
<td>8</td>
</tr>
<tr>
<td>Other (please specify)</td>
<td>6.4%</td>
<td>3</td>
</tr>
</tbody>
</table>
Conclusions

• A follow-up survey regarding the utility of Choosing Wisely in practice may be a useful reinforcement tool to assess awareness and competency.
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Thank you!
Questions?
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