



## The Choosing Wisely™ Campaign

### Five Things Physicians and Patients Should Question

An initiative of the ABIM Foundation

#### About the Issue

After decades of record growth in health care spending, and unclear evidence of a return on that investment in quality improvements, it's urgent that physicians and patients work together to make wise treatment decisions. That means helping patients choose care that is supported by evidence showing that it works for patients like them; is not duplicative of other tests or procedures already received; won't harm them; and is truly necessary.

The Congressional Budget Office estimates that up to 30 percent of care delivered in the United States goes toward unnecessary tests, procedures, doctor visits, hospital stays and other services that may not improve people's health – and in fact, may actually cause harm. If current trends remain unchanged, the Centers for Medicare & Medicaid Services project U.S. health care spending will reach \$4.3 trillion and increase from 17.3 to 19.3 percent of the nation's gross domestic product by 2019.

#### About the Campaign

In response, medical leaders are trying to do something to address what many believe is an unsustainable health care system. National organizations representing medical specialists are working with the ABIM Foundation to identify and reduce waste in the health care system. Consumer Reports, the nation's leading independent, nonprofit consumer organization, has also joined the campaign to provide resources for consumers and physicians to engage in these important conversations. *Choosing Wisely*™ aims to get physicians, patients and other health care stakeholders thinking and talking about the overuse or misuse of medical tests and procedures that provide little benefit, and in some instances harm.

As part of *Choosing Wisely*, each participating specialty society will identify five tests or procedures commonly used in their field, whose use should be discussed or questioned. The resulting lists will spark discussion about the need—or lack thereof—for many frequently ordered tests or treatments. In addition, the ABIM Foundation, along with its partners, will develop tools to help physicians have these kinds of conversations with their patients.

This concept was originally piloted by the National Physicians Alliance, who through an ABIM Foundation Putting the Charter into Practice grant created a set of three lists of specific steps physicians in internal medicine, family medicine and pediatrics could take in their practices to promote the more effective use of health care resources.

Participating specialty societies will work with the ABIM Foundation to engage their members in discussions about the physician's role in making wise choices.

#### Continuing the Professionalism Challenge

*Choosing Wisely* is part of a multi-year effort of the ABIM Foundation to help physicians be better stewards of finite health care resources. It continues the principles and commitments of promoting justice in the health care system through a fair distribution of resources set forth in *Medical Professionalism in the New Millennium: A Physician Charter*.

Learn more about *Choosing Wisely* at [www.ChoosingWisely.org](http://www.ChoosingWisely.org).

#### Choosing Wisely Partners (to date):

- American Academy of Allergy, Asthma & Immunology
- American Academy of Family Physicians
- American College of Cardiology
- American College of Physicians
- American College of Radiology
- American Gastroenterological Association
- American Society of Clinical Oncology
- American Society of Nephrology
- American Society of Nuclear Cardiology
- Consumer Reports

#### About the ABIM Foundation

The mission of the ABIM Foundation is to advance medical professionalism to improve the health care system. We achieve this by collaborating with physicians and physician leaders, medical trainees, health care delivery systems, payers, policymakers, consumer organizations and patients to foster a shared understanding of professionalism and how they can adopt the tenets of professionalism in practice. To learn more about the ABIM Foundation, visit [www.abimfoundation.org](http://www.abimfoundation.org)

