

EFIM Choosing Wisely Meeting – Working Group

EFIM Choosing Wisely meeting was held on 20 January at the Ospedale Maggiore Policlinico in Milan.

15 participants from 13 EFIM member societies participated at the 1st Working Group meeting on the Choosing Wisely Project. Participants took part in the lively discussion on Choosing Wisely campaign by sharing ideas, networking and discussing the latest development in the internal medicine.

Prof. Nicola Montano, the chair of EFIM Choosing Wisely project welcomed all the participants to Milan informing them that 26 member societies from 24 different countries applied to participate in EFIM Choosing Wisely project. Nicola presented the new logo for the Choosing Wisely Project and introduced the countries and the participants. Unfortunately, few participants had to cancel their participation last minute.

Nicola continued the discussions with the topic on “State of the art Europe – Choosing Wisely”, Less is more is what is behind! giving the audience a unique insight on the Choosing Wisely Campaign from different perspectives.

Several EFIM member societies are already involved on a national level in the Choosing Wisely Campaign. Nicola presented the progress done by the Swiss Society of General Internal Medicine and the Delphi process, FADOI Italy guidelines, SIMI Italy recommendations related to internal medicine, as well as mentioning the Choosing Wisely Campaign ran by the American Board of Internal Medicine, In addition to this Nicola discussed the Educational campaign carried out by the Israeli Society of Internal Medicine which was managed by a group of senior physicians. The campaign resulted in 250 000\$ savings by reducing 20% of the laboratory tests.

Lively discussion was held among the participants on the questions whether to follow guidelines or not and the issue on adopting the defensive medicine approach.

Nicola presented: European Campaign 5-steps-to do:

- Methodology to select the items for the campaign
- Criteria for deciding items priority
- Items chosen really based on evidence
- From theory to clinical practice: implementation plan
- Outcome markers: is a choosing wisely a campaign really able to improve patient safety and outcome possibly reducing also healthcare costs? Continuous monitoring

And proposed the following plan:

1. Descriptive Research
2. Applied Research

3. Educational:

- Clinical cases
- Less is more courses

1. Descriptive Research phase – will include performing a Choosing wisely campaign in each member country participating in the project, which will produce a Top-5 list for each country. Systematic review will be performed discussing the similarities and differences in the recommendations selected. The idea is to produce main publication for the implementation plan to be published in the international journal.

2. Applied Research - will include projection of implementation plan introducing the monitoring of the application of selected recommendations in all participating countries in terms of clinical outcomes and health cost savings.

3. Educational

- Organise a “Less is More” courses
- Submit the clinical cases to YI from different countries, an expert to comment differences and similarities. The conclusion brought: “what to do and not to do”.

Nicola informed the participants that the Choosing Wisely project will have dedicated page on the EFIM website which will be regularly updated with publications related to Choosing Wisely / Less is More published in international journals. However to be able to implement this a dynamic editorial committee will be engaged from the Young Internists.

Nicola proposed to have dedicated section on the Choosing Wisely in EJIM. Additionally, Nicola presented the Choosing Wisely - Chronoprogram as follows:

- **March 17** – Presentation and discussion of the proposed Choosing Wisely project during the 3rd EFIM Day in Brussels.
- **August 31** – Update during the General Assembly in Milan – Results 1st phase, webpage and publications.
- **September 2018** – Less is More Courses at ECIM 2018
- **December 2018 / January 2019** – One day EFIM Workshop on Choosing Wisely

The meeting continued with an open discussion on the projected phase.

The main concern was how to combine the different methods societies are using when selecting the top 10 – 20 recommendation. The idea is to ask the countries to run the project according to their policy. The most important step is to discuss this with the societies participating and initiate the campaign promptly. Following step would be collecting the Choosing Wisely Campaigns from all the countries participating and performing systematic review. In the meantime all the current publications by the countries who already ran the Choosing Wisely project will be published on the dedicated page of the EFIM website.

Following this, a 1 day workshop will be organized tentatively in Dec 2018 – January 2019. In the meantime a Choosing Wisely Section will be discussed with the Editor of the European Journal of Internal Medicine



Finally the list of criteria and presentations will be circulated among EFIM representatives from the Choosing Wisely project.

The meeting concluded with a networking debate where participants could discuss further and share their ideas.

Nicola announced that the following update on the Choosing Wisely project will take place during the EFIM Day meeting taking place in Brussels on 17 March and invited all the participants to attend.