



EFIM Choosing Wisely Project

Highlights of the 2025 Meeting in Florence – ECIM

1. EFIM Designation for Blood Transfusion Practices

EFIM approved a new hospital designation, “EFIM Hospital Choosing Blood Wisely”, to recognize institutions that follow best practices in transfusion. To qualify, hospitals must demonstrate the ability to monitor transfusion rates and ensure that fewer than 20% of transfusions are administered above the 80 g/L hemoglobin threshold.

Action: Member societies are encouraged to ask their affiliated hospitals to collect and report this data.

2. Study on Clinical Decision-Making

Led by Ludovico Furlan and colleagues, this study investigates the factors influencing physicians’ decisions. The hypothesis is that increased awareness of clinical benefit, economic cost, and environmental impact can reduce low-value or inappropriate care.

3. Environmental Health and Choosing Wisely

A new article published in Internal and Emergency Medicine integrates the concept of environmental health into the Choosing Wisely initiative, emphasizing how reducing unnecessary procedures also benefits the planet⁴.

4. Project on Caregiver Burnout

A forthcoming article will focus on predictors and interventions related to caregiver burnout in hospitals. Evidence suggests that burnout increases the likelihood of low-value medical practices—precisely what Choosing Wisely seeks to prevent.