

CHOOSING WISELY AUSTRALIA

Choosing Wisely Australia® is enabling healthcare providers, consumers and healthcare stakeholders to start important conversations about tests, treatments and procedures where evidence shows they provide no benefit and, in some cases, lead to harm – challenging the notion that ‘more is always better’ when it comes to healthcare.

The issue

Not all tests, treatments and procedures are in the consumer’s best interest. Unnecessary practices are a diversion from high quality care. They can lead to more frequent and invasive investigations that can expose consumers to undue risk of harm, emotional stress and financial cost. Many have become ingrained in the system.

The right choice should be based on the best available evidence and discussion between the consumer and healthcare provider.

Health professionals

Australia’s health professional colleges, societies and associations are leading the way. They are identifying practices warranting scrutiny, discussing best practice and drawing on the expert opinion of their members to make the sometimes difficult decisions about which practices should be avoided.

As members of Choosing Wisely Australia, they are developing lists of evidence-based recommendations: **‘Tests, treatments and procedures healthcare providers and consumers should question’**. These are shared among the health community and general public.

Consumers

Choosing Wisely Australia can only be effective if consumers are part of the conversation and are provided with the support they need to confidently ask questions about how best to limit their exposure to unnecessary and potentially harmful tests, treatments and procedures. It places consumers at the forefront of their health and increases their capacity to make informed decisions in partnership with their healthcare professionals in ways that cater for their own preferences and personal circumstances.

Community benefits

While the focus of Choosing Wisely Australia is firmly on best practice and high quality care, there are clear benefits for the health system. Unnecessary practices represent a significant burden on the healthcare budget.

Choosing Wisely Australia gives the healthcare community the platform it needs to take a leadership role in the responsible management and fair distribution of finite resources.

Wise stewardship of resources is a core tenet of healthcare professionalism. The initiative gives practitioners the opportunity to have greater control over how funding is allocated in keeping the healthcare system sustainable.

The history of Choosing Wisely

Choosing Wisely began in 2012, when the American Board of Internal Medicine Foundation, Consumer Reports and nine medical specialty societies launched the Choosing Wisely campaign.

Now operating in more than 20 countries, the campaign’s success has been attributed to its unique focus on professional values and patient–practitioner interactions.

Choosing Wisely was launched in Australia by NPS MedicineWise in 2015, in partnership with Australia’s health professional colleges, societies and associations.

Join the conversation

To find out more or become involved:

- **Website:** choosingwisely.org.au
- **Email:** choosingwisely@nps.org.au
- **Twitter:** [ChooseWiselyAu](https://twitter.com/ChooseWiselyAu)
- **Facebook:** [choosingwiselyaustralia](https://www.facebook.com/choosingwiselyaustralia)
- **LinkedIn:** [Choosing Wisely Australia](https://www.linkedin.com/company/choosing-wisely-australia)