



**Choosing Wisely  
Australia**

An initiative of NPS MedicineWise

# Becoming a Choosing Wisely Champion Health Service



**NPS  
MEDICINEWISE**



# About Choosing Wisely

Choosing Wisely Australia is part of a global initiative enabling clinicians, 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. The initiative is led by Australia's medical colleges and societies and is facilitated by NPS MedicineWise.

Health services are leading the implementation of Choosing Wisely Australia through clinician-led initiatives and playing a key role in delivering quality evidence-based care for the benefit of all Australians.

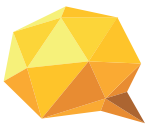
## Our objectives



Change clinician and consumer attitudes about unnecessary tests, treatments and procedures.



Engage consumers in conversations about what tests, treatments or procedures are needed and which are unnecessary.



Change clinical practice to reduce unnecessary tests, treatments and procedures.

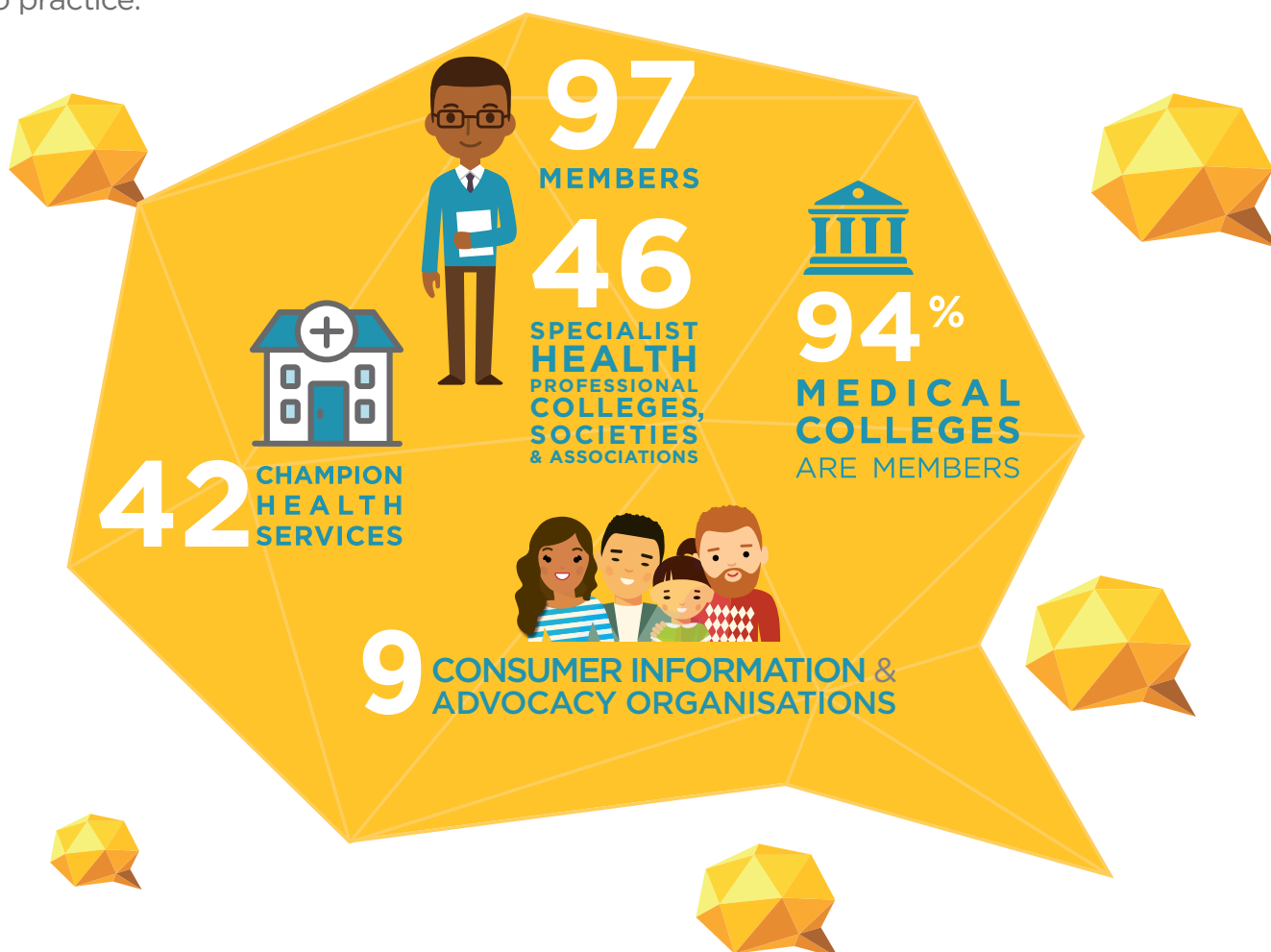


Align changes in clinical practice within the broader health system and health policy to reduce unnecessary tests, treatments and procedures.

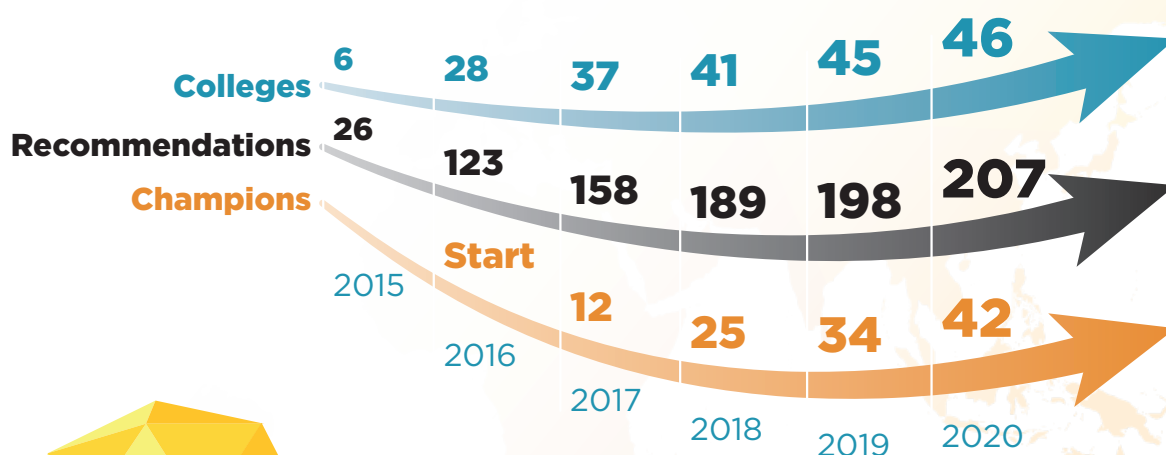


## Choosing Wisely in Australia

The initiative was launched in 2015 with just 6 health professional colleges publishing 26 recommendations. It is now a network of 97 health organisations comprising Champion Health Services, specialist colleges and consumer organisations. There are now 207 recommendations and a range of implementation activities to put the recommendations into practice.



## Growth of Choosing Wisely Australia since 2015



# Why become a Champion Health Service?

---

By becoming a Choosing Wisely Champion Health Service your organisation will be making a concerted contribution to reducing unnecessary care and improving health care outcomes in Australia.

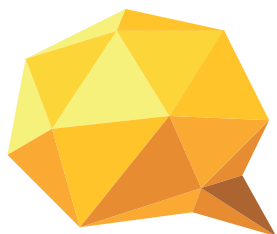
## Key opportunities:

- Attend regular forums such as meetings and webinars with other health services, health professional colleges, societies, associations and consumer organisations where you can share ideas and inspiration to improve the quality of care you provide.
- Access real life examples of how Champion Health Services have implemented projects to improve patient care.
- Connect and collaborate with a network of like-minded professionals to reach a common goal.
- Access toolkits and resources to help you implement change in your own health setting.

“Equipping consumers with the knowledge and confidence to ask questions and have informed discussions with their health care providers about the right treatment choices for them, their preferences and personal circumstances leads to better health care delivery that ensures quality, safety and, importantly, positive patient experiences.”

**Leanne Wells**  
*Consumer Health Forum*





**“Becoming a Choosing Wisely Champion Health Service really galvanised efforts at the Royal Hobart Hospital to examine a wide range of processes and to reduce low value care across the whole organisation. Using resources provided by Choosing Wisely Australia and by drawing upon the experiences of this growing community of practice, I have been able to engage with almost every department in the hospital to reflect upon how they can reduce waste and to improve patient care. Through formal and informal projects the results and improvements are already apparent.”**

**Geoff Couser** MBBS FACEM MEd

*Senior Staff Specialist, Emergency Department, Royal Hobart Hospital, Clinical Associate Professor, School of Medicine, University of Tasmania, Clinical Lead, Choosing Wisely, Tasmanian Health Service*



**“Choosing Wisely provides a powerful, unifying platform to help our patients and health professionals talk to each other about tests, treatments and procedures that may be of limited benefit. Encouraging questions about the benefits, risks, alternatives, doing nothing and delivery options leads to much more meaningful conversations. Regardless of the specialty our staff work in, the relevance is clear – it’s very difficult to suggest the Choosing Wisely principles don’t apply to your area! Choosing Wisely encourages us to work collaboratively with our consumers in delivering safe and high-quality care. The support provided by NPS MedicineWise, along with the sense of community they have created amongst Champion Health Services, has been instrumental in ongoing success of our local program.**

**The Sunshine Coast Hospital and Health Service is proud to be a Choosing Wisely Champion Health Service.”**

**Dr Morne Terblanche**

*Anaesthetist, Chair Clinical Council, Chair Choosing Wisely Faculty*



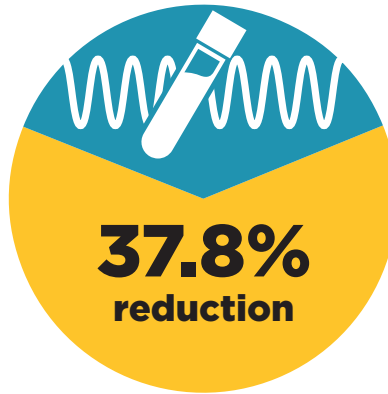


# Making an impact

A number of Champion Health Services have reported how they are making a difference to reduce low value care and improve health outcomes



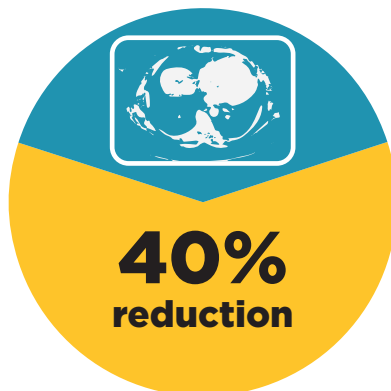
**Cannulas inserted into the antecubital fossa**  
Sunshine Coast University Hospital



**In coagulation studies across the hospital**  
Austin Health



**Routine CXR and bronchodilators in the management of bronchiolitis**  
Royal Children's Hospital Melbourne



**Unnecessary pulmonary embolism imaging scans over 12 months**  
Eastern Health



**Unnecessary pathology tests in EDs**  
Box Hill, Maroondah and Angliss Hospitals

## 29 co-designed ideas to support a shared decision making national health care priority

Sunshine Coast Hospital and Health Service

## 5 questions resources embedded nationally across Champion Health Services












# Choosing Wisely Champion Health Services

## Hospitals and health services

 <p>Armadale Kalamunda Group (Western Australia)</p>	 <p>Austin Health (Victoria)</p>	 <p>Bendigo Health (Victoria)</p>
 <p>Cabrini Health (Victoria)</p>	 <p>Calvary Public Hospital Bruce (Australian Capital Territory)</p>	 <p>Canberra Health Services</p>
 <p>Child and Adolescent Health Service (Western Australia)</p>	 <p>Darling Downs Hospital and Health Service (Queensland)</p>	 <p>East Metropolitan Health Service (Western Australia)</p>
 <p>Eastern Health (Victoria)</p>	 <p>Gold Coast Health (Queensland)</p>	 <p>Goulburn Valley Health (Victoria)</p>
 <p>Illawarra Shoalhaven Local Health District (New South Wales)</p>	 <p>Joondalup Health Campus (Western Australia)</p>	 <p>Launceston General Hospital (Tasmania)</p>
 <p>Mackay Hospital and Health Service (Queensland)</p>	 <p>Mercy Health (Australian Capital Territory)</p>	 <p>Metro South Health (Queensland)</p>
 <p>Monash Health (Victoria)</p>	 <p>Northern Health (Victoria)</p>	 <p>Northern NSW Local Health District (New South Wales)</p>

## Hospitals and health services

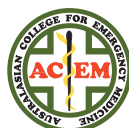
 <p><b>Health</b> Northern Sydney Local Health District</p> <p>Northern Sydney Local Health District (New South Wales)</p>	 <p><b>Peninsula Health</b></p> <p>Peninsula Health (Victoria)</p>	 <p><b>The Royal Children's Hospital Melbourne</b></p> <p>Royal Children's Hospital (Victoria)</p>
 <p><b>RHH</b> ROYAL HOBART HOSPITAL</p> <p>Royal Hobart Hospital (Tasmania)</p>	 <p><b>Royal Perth Bentley Group</b> (Western Australia)</p>	 <p><b>RBWH</b> Metro North Hospital and Health Service Queensland Government</p> <p>Royal Brisbane and Women's Hospital (Queensland)</p>
 <p><b>Sir Charles Gairdner Osborne Park Health Care Group</b> (Western Australia)</p>	 <p><b>Health</b> South Eastern Sydney Local Health District</p> <p>South Eastern Sydney Local Health District (New South Wales)</p>	 <p><b>Government of Western Australia</b> Department of Health South Metropolitan Health Service</p> <p>South Metropolitan Health Service</p>
 <p><b>ST JOHN OF GOD</b> Midland Public &amp; Private Hospitals</p> <p>St John of God Midland Public and Private Hospitals (Western Australia)</p>	 <p><b>ST VINCENT'S HOSPITAL</b> MELBOURNE</p> <p>St Vincent's Hospital Melbourne (Victoria)</p>	<p><b>Sunshine Coast Hospital and Health Service</b> Exceptional people. Exceptional healthcare.</p> <p>Sunshine Coast Hospital and Health Service (Queensland)</p>
 <p><b>Swan Hill District Health</b> <i>my hospital</i></p> <p>Swan Hill District Health (Victoria)</p>	<p><b>TASMANIAN HEALTH SERVICE</b></p>  <p><b>Tasmanian Government</b></p> <p>Tasmanian Health Service</p>	<p><b>The Prince Charles Hospital</b> Metro North Hospital and Health Service</p>  <p><b>Queensland Government</b></p> <p>The Prince Charles Hospital (Queensland)</p>
 <p><b>Townsville Hospital and Health Service</b></p> <p>Townsville Hospital and Health Service (Queensland)</p>	<p><b>Western Health</b></p>  <p>Western Health (Victoria)</p>	 <p><b>WEST GIPPSLAND HEALTHCARE GROUP</b></p> <p>West Gippsland Healthcare Group (Victoria)</p>
<p><b>West Moreton Health</b></p>  <p><b>Queensland Government</b></p> <p>West Moreton Health (Queensland)</p>	 <p><b>Government of Western Australia</b> WA Country Health Service</p> <p>Western Australia Country Health Service - Wheatbelt</p>	 <p><b>Wide Bay Hospital and Health Service</b> Queensland Government</p> <p>Wide Bay Hospital and Health Service (Queensland)</p>
 <p><b>Government of South Australia</b> SA Health</p> <p>Women's and Children's Health Network (South Australia)</p>		



## Colleges, societies and associations



Australasian Chapter of Sexual Health Medicine



Australasian College for Emergency Medicine



Australasian College of Sport and Exercise Physicians



Australasian Faculty of Occupational and Environmental Medicine

Australasian Faculty of Occupational and Environmental Medicine



Australasian Faculty of Rehabilitation Medicine

Australasian Faculty of Rehabilitation Medicine



Australasian Paediatric Endocrine Group



Australasian Society for Infectious Diseases



Australasian Society of Clinical Immunology and Allergy



Australasian Society of Clinical and Experimental Pharmacologists and Toxicologists



AUSTRALIAN & NEW ZEALAND ASSOCIATION OF NEUROLOGISTS

Australian and New Zealand Association for Neurologists

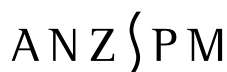


AUSTRALIAN AND NEW ZEALAND COLLEGE OF ANAESTHETISTS

Australian and New Zealand College of Anaesthetists



Australian and New Zealand Society for Geriatric Medicine



Australian and New Zealand Society of Palliative Medicine



Australian and New Zealand Intensive Care Society



Australian College of Nurse Practitioners



Australian College of Nursing



Australian College of Rural and Remote Medicine



Australian Physiotherapy Association



Australian Rheumatology Association



Australia and New Zealand Child Neurology Society



Australasian Chapter of Palliative Medicine



Chiropractic Australia

























College of Intensive Care Medicine of Australia and New Zealand



Endocrine Society of Australia

## Colleges, societies and associations

 <p>Faculty of Pain Medicine of the Australian and New Zealand College of Anaesthetists</p>	 <p>Gastroenterological Society of Australia</p>	 <p>Haematology Society of Australia and New Zealand</p>
 <p>Human Genetics Society of Australasia</p>	 <p>Internal Medicine Society of Australia and New Zealand</p>	 <p>Medical Oncology Group of Australia</p>
 <p>Paediatrics &amp; Child Health Division of The Royal Australasian College of Physicians</p>	 <p>Pharmaceutical Society of Australia</p>	 <p>Royal Australian College of General Practitioners</p>
 <p>Royal Australasian College of Medical Administrators</p>	 <p>Royal Australasian College of Physicians</p>	 <p>Royal Australasian College of Surgeons</p>
 <p>Society of Obstetric Medicine of Australia and New Zealand</p>	 <p>Society of Hospital Pharmacists of Australia</p>	 <p>The Australian Society of Otolaryngology Head and Neck Surgery</p>
 <p>The Australasian College of Dermatologists</p>	 <p>The Royal College of Pathologists of Australasia</p>	 <p>Thoracic Society of Australia and New Zealand</p>
 <p>The Royal Australian and New Zealand College of Obstetricians and Gynaecologists</p>	 <p>The Royal Australian and New Zealand College of Radiologists</p>	 <p>The Royal Australian and New Zealand College of Ophthalmologists</p>
 <p>The Australasian Chapter of Addiction Medicine</p>		

**Consumer information and advocacy organisations**



Consumers Health Forum of Australia



Healthdirect Australia



Health Care Consumers Association ACT



Health Consumers NSW



Health Consumers Queensland



Health Consumers WA



Tasmania HealthPathways



Health Consumers TAS



Public Health Services,  
Department of Health Tasmania





# Choosing Wisely Australia

An initiative of NPS MedicineWise

Level 7/418A Elizabeth Street Surry Hills NSW 2010  
PO Box 1147 Strawberry Hills NSW 2012  
☎ 02 8217 8700 📠 02 9211 7578 @ info@nps.org.au

**nps.org.au**

Independent, not-for-profit and evidence-based, NPS MedicineWise enables better decisions about medicines, medical tests and other health technologies. NPS MedicineWise receives funding from the Australian Government Department of Health to support Choosing Wisely Australia.  
ABN 61 082 034 393 CW2373

