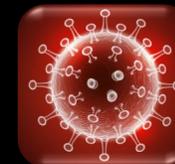


Reducing Unnecessary Testing

What can family physicians do?

Dr. Janet Reynolds
October 19, 2020



Mental health &
COVID-19
WEBINAR

REDUCING UNNECESSARY TESTING

JANET REYNOLDS

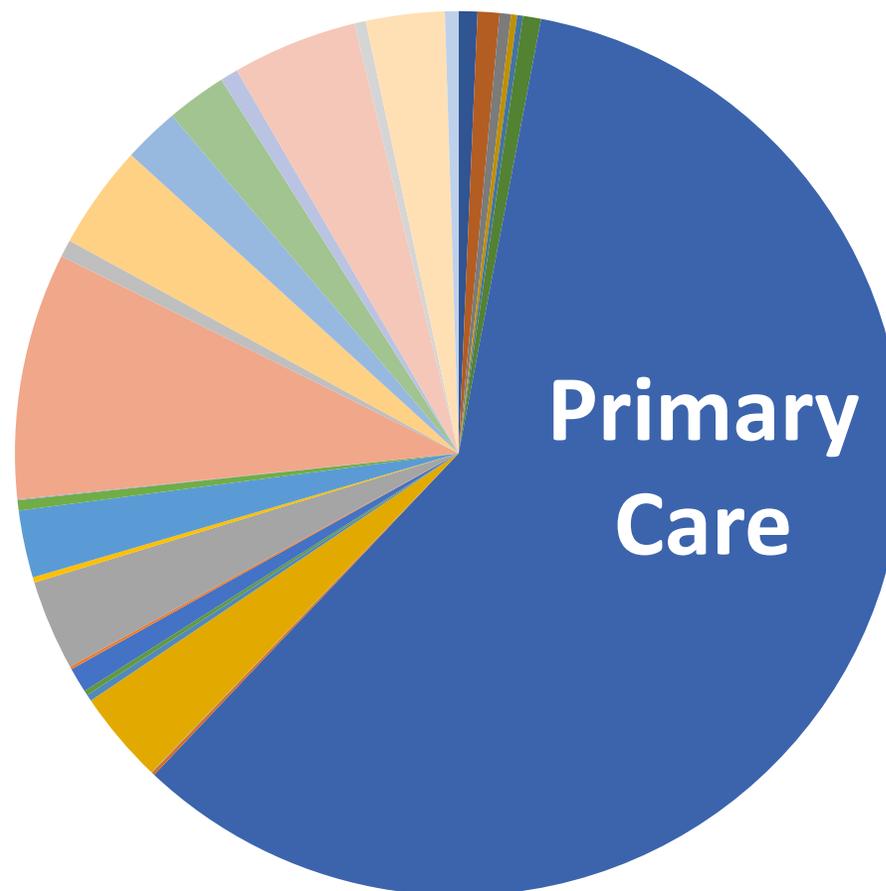


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Disclosures

- Medical Director, Calgary Foothills PCN
- Practising Wisely Facilitator
- Practising Wisely National Steering Committee -- member
- Choosing Wisely Canada, Family Medicine Advisory Group -- member
- Choosing Wisely Alberta Steering Committee -- member

Lab Spending by Specialty



- Urology
- Rheumatology
- Respirology
- Radiology
- Radiation Oncology
- Psychiatry
- Primary Care
- Plastic Surgery
- Physiatry
- Pediatrics
- Pathology
- Otolaryngology
- Orthopedic surgery
- Ophthalmology
- Obstetrics & Gynecology
- Neurosurgery
- Nephrology
- Medical Oncology
- Medical Genetics
- Internal Medicine
- Infectious Diseases
- Hematology
- General Surgery
- Gastroenterology
- Endocrinology
- Emergency
- Dermatology
- Cardiology
- Anesthesia

Adapted from Naugler et al. 2015.

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TOP Peer Simplified Guideline: Prevention and Management of Cardiovascular Disease Risk in Primary Care, Feb 2015

- **DO NOT** routinely test lipids, estimate CVD risk, and prescribe statins for primary prevention in patients > age 75
- **DO NOT** monitor/repeat lipid levels after a patient begins statin therapy
- **DO NOT** routinely test for baseline CK or alanine transaminase (ALT) in healthy individuals prior to starting statin therapy

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Choosing Wisely Canada Family Medicine Recommendations

- Don't order screening chest X-rays and **ECGs** for asymptomatic or low risk outpatients
- Don't screen women with Pap smears if under 21 years of age or over 69 years of age
- Don't do **annual screening blood tests** unless directly indicated by the risk profile of the patient
- Don't order **thyroid function tests** in asymptomatic patients



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Choosing Wisely Canada OTHER RECOMMENDATIONS that apply to Family Medicine

- Anesthesia, General Surgery
- Cardiology
- Endocrinology
- Hematology
- Hepatology
- Medical Biochemistry
- Medical Lab Science
- Pediatric Surgery
- Rheumatology
- Rural Medicine
- Urology



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Choosing Wisely Canada OTHER RECOMMENDATIONS cont'd...

Long Term Care

- Don't do a **urine dip or urine culture** unless there are clear signs and symptoms of a urinary tract infection (UTI)
- Don't order **screening or routine chronic disease testing** just because a blood draw is being done

Pediatrics

- Don't routinely do a **throat swab** when children present with a sore throat if they have a cough, rhinitis, or hoarseness as they almost certainly have viral pharyngitis

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Choosing Wisely Canada: OTHER RECOMMENDATIONS

Residents

- Don't order **investigations that will not change your patient's management plan**
- Don't order **repeat laboratory investigations** on inpatients who are clinically stable



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How often should patients with type 2 DM have an HbA1c?

“Testing at 6-month intervals may be considered in situations where glycemic targets are consistently achieved”

[guidelines.diabetes.ca](https://www.guidelines.diabetes.ca)

Tool to establish target HbA1c