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# Choosing Wisely at UNM School of Medicine

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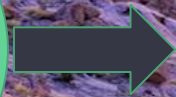
# Choosing Wisely at UNM

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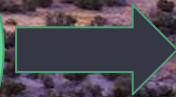
Authors: Nardos Dawit, Mary Lacy, Ryen Ormesher

# Roadmap

**High Value  
Care**



**Choosing  
Wisely**



**UNM  
School of  
Medicine**

# High Value Care

**\$3.65 trillion** on healthcare in 2018

**>\$10,000** per person in 2018

**19.4%** of the country's entire GDP  
by 2027

**41%** working Americans have  
problems paying medical bills

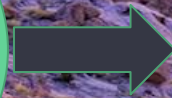
**High Value Care** = health care  
that balances clinical benefit  
with costs and harms, with the  
goal of improving patient  
outcomes

*“Both **systemic changes** and **individual physicians’ actions** are needed to create a fiscally sustainable health care system” - AMA Journal of Medical Ethics*

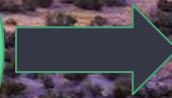


# Roadmap

High Value  
Care



**Choosing  
Wisely**



UNM  
School of  
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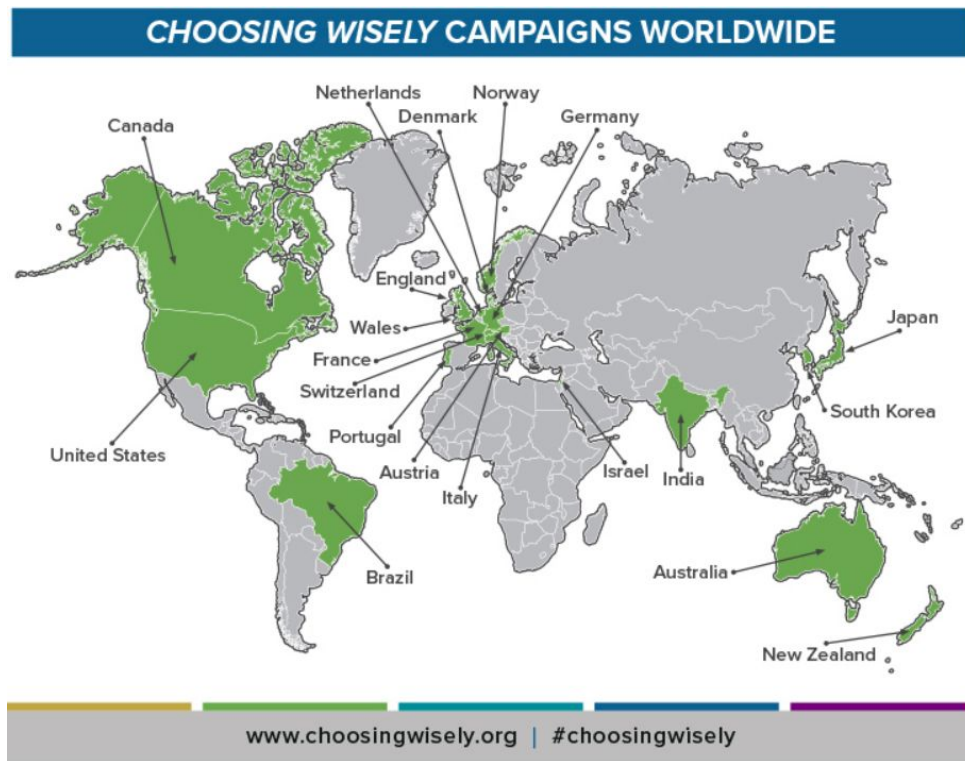
# Choosing Wisely

## Initiative of the ABIM foundation

### Call to action

Goal of the campaign is to promote conversations between clinicians and patients by helping patients choose care that is:

- Supported by evidence
- Not duplicative of other tests or procedures already received
- Free from harm as much as possible
- Truly necessary



# Choosing Wisely Recommendations

## **Society of American Gastrointestinal and Endoscopic Surgeons**

- Avoid routine cholecystectomy for patients with asymptomatic cholelithiasis.

## **American Chiropractic Association:**

- Do not prescribe lumbar supports or braces for the long-term treatment or prevention of low-back pain.

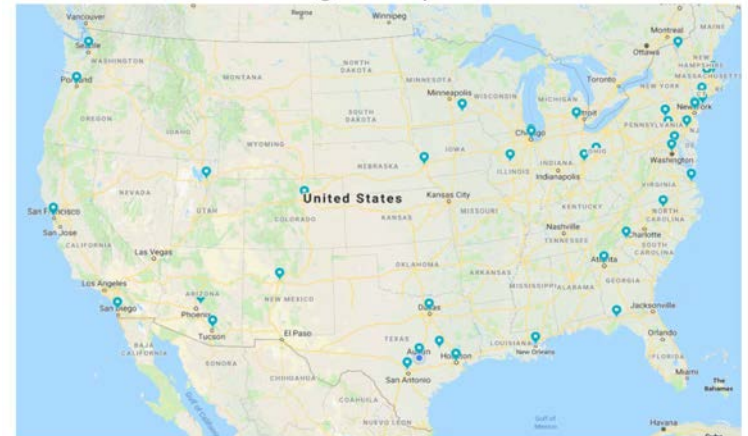
# Choosing Wisely STARS

- Started in Canada in 2015 with 17 Canadian medical schools
- Started in US in 2017 with 25 medical schools participating

*“Choosing Wisely STARS...aims to catalyze grassroots, student-led initiatives to advance health care value in medical education.”*



2019 Choosing Wisely STARS Schools





# Choosing Wisely STARS 2019

- 40 Medical schools, 80 first year medical students
- Costs of Care lectures
- Leadership training- Leading from where you stand
- Idea Generation: Rapid Crowdsourcing
- STARS learning Collaborative

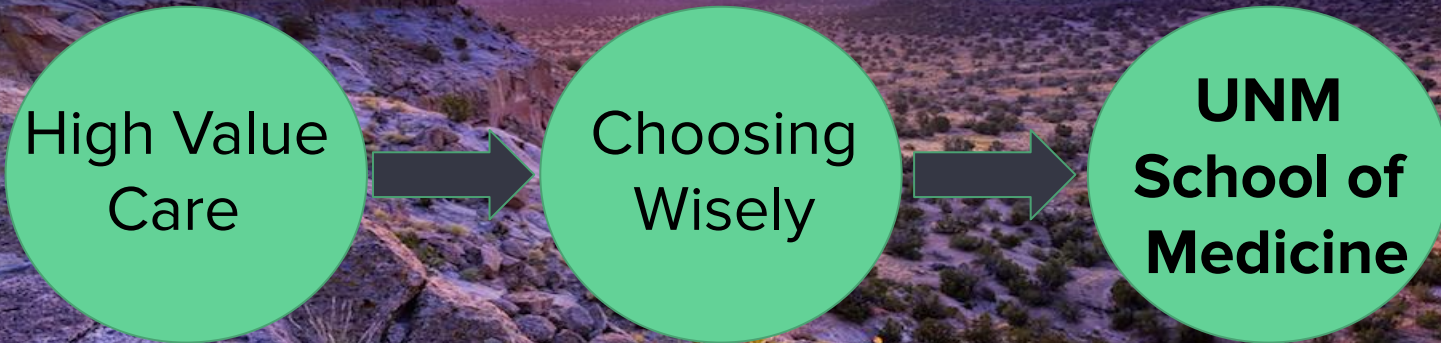


**100%** of students found it a valuable experience.

**98%** of students felt more prepared to lead discussion

**100%** of students were likely to implement a choosing wisely program

# Roadmap



# Brainstorming

- Main focus: bring high value care to curriculum in classroom and clinical settings
- Small changes that could be integrated naturally
- Financial Harm
- Value > Cost



# Interventions at UNM: Curriculum Changes

## PIE: Narrative Strand

- Give students a chance to learn about high value care and reflect on the impact of medical overuse on patient's financial and physical well-being.

## Doctoring IV Continuity Clinic: patient interview

- Interview a patient with financial stressors and consider how that may influence medical decision making

## Clinical reasoning:

- Choosing Wisely principles in case summaries



# Interventions at UNM: Badge cards during PIE

- Inspired by badge cards from at the University of Chicago
- Give students a tool to screen for cost burden during their rural clinical experience

Screening for Cost Burden
When taking medication <u>Hx</u> , ask patients:
<b>Do your medications ever cost too much?</b>
<b>Have you ever cut back on medications because of the cost?</b>
<b>Have you ever cut back on other things (e.g. food, leisure) due to high drug costs?</b>
<b>RESOURCES</b> Online: AARP Drug savings tool Mobile Apps: Choosing Wisely, Generics, <a href="#">LowestMed</a> , <a href="#">iPharmacy</a> , <a href="#">Eocrates RX</a>
 

Cost Saving Strategies
<b>G</b> Prescribe <u>G</u> enerics when possible; educate patients on safety/efficacy
<b>O</b> <u>O</u> rders in bulk: 3-month supplies are often less expensive
<b>T</b> <u>T</u> herapeutic alternatives: OTC meds, other options in the same class
<b>M</b> <u>M</u> edication Review: regularly review med list; remove unnecessary ones
<b>D</b> <u>D</u> iscount Drugs: discount cards, \$4 drugs (Walmart, Target, etc.)
<b>S</b> <u>S</u> plitting pills: Prescribe higher dose and advise patients to split pills
 



# Data Collection: Survey

Goal was to:

- Obtain feedback from students- gauge knowledge and interest about high value care
- Assess the efficacy of our interventions to date

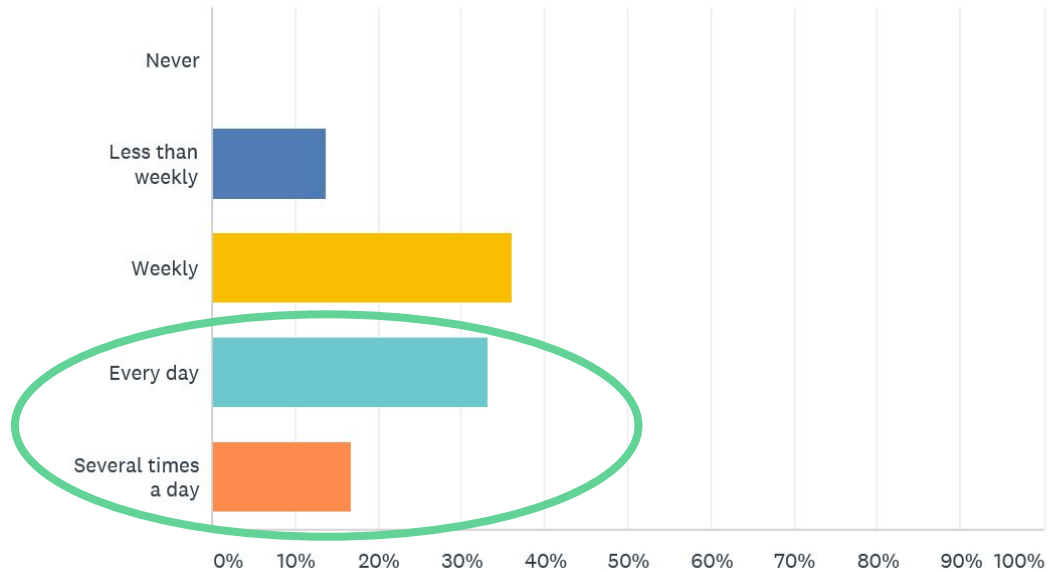
8 question survey

- Sent to the second year class after their introduction to choosing wisely, distribution of badge cards and the summer clinical experience
- Needs assessment on students' knowledge and perspectives on:
  - High Value Care
  - Choosing Wisely Resources
  - Comfort level discussing issues of cost with patients

# Half of students surveyed encountered patients with cost of care issues at least every day

Did you encounter patients for whom the cost of care was a problem?

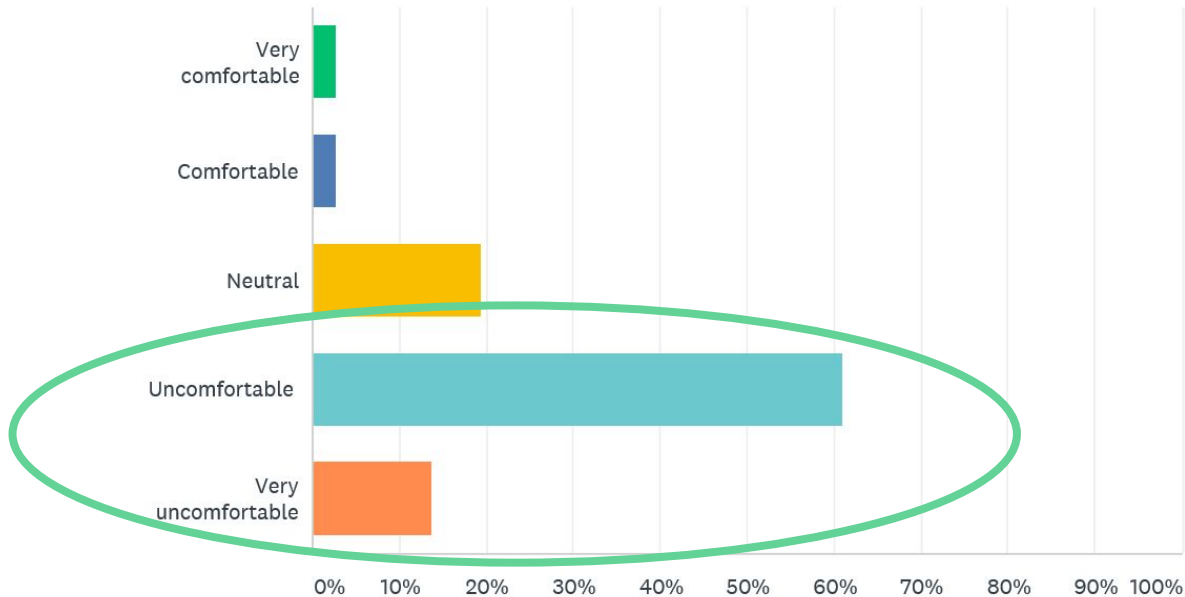
Answered: 36 Skipped: 0



# 75% of students felt uncomfortable/very uncomfortable answering patient questions about costs of care

Did you feel prepared to answer patient questions about the cost of care?

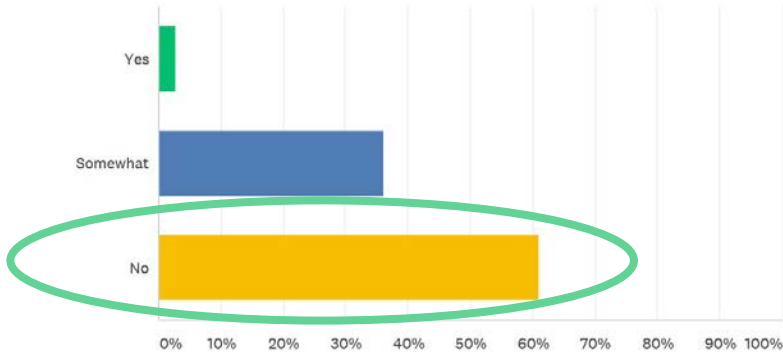
Answered: 36 Skipped: 0



# Most students do not feel adequately prepared to understand cost burden of medical care on patients and don't think doctors talk to patients enough about costs of care

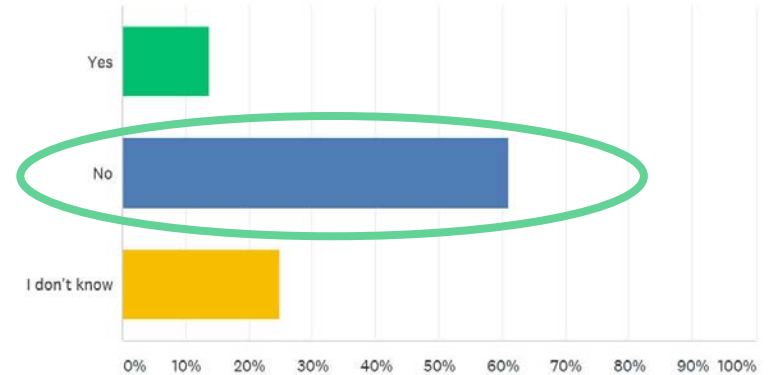
Do you think that the school of medicine adequately prepares students to understand the cost burden of medical care on patients?

Answered: 36 Skipped: 0



Do you think that doctors talk to patients enough about the cost of care?

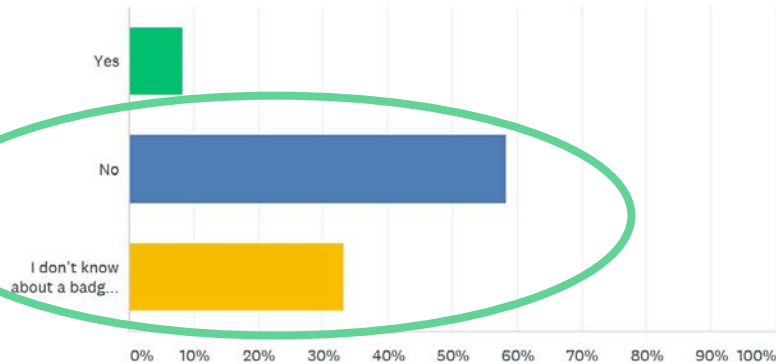
Answered: 36 Skipped: 0



# Most students didn't remember or use the badge cards BUT they DO want to hear more prior to PIE

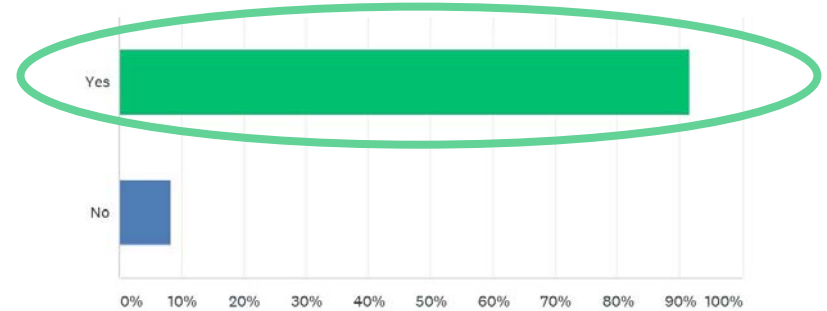
Did you use the Choosing Wisely Badge cards, or any of the resources listed on the badge cards?

Answered: 36 Skipped: 0



Would you have liked to hear more about high value care or the choosing wisely campaign before going into PIE?

Answered: 36 Skipped: 0





# Putting our survey data all together

## Limitations:

- The impact of the majority of our curricular changes were not in effect at the time of the survey
- The badge card was not effective in its current form

## Opportunities to build on:

- Students are interested in high value care and Choosing Wisely
- Students observe patients who are impacted by the financial stress of healthcare

# Moving Forward

- Monitor recent curricular changes to consider additional improvement
- Integrate student feedback into new initiatives
  - I.e. Consider alternatives to badge cards to prepare students for PIE
- Expand High Value Care discussion before third year students enter rotations
- Repeat the survey for the next year
  
- Sending two new students to the next Choosing Wisely STARS summit!



# Thank You!

To all our partners in the School of Medicine-

Drs. Anthony Fleg and Liz Lawrence - Practical Immersion Experience

Dr. Linda Smoker- Continuity Clinic

Drs. Linda Smoker and Amy Robinson - Doctoring

Drs. Justin Roesch and Rebecca Craig - Clinical Reasoning

And a big Thank You to Dr. Mary Lacy, our faculty mentor and a leader in promoting high value care at UNM.

Questions?

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