### Choosing Wisely Recommendations for Family Physicians: A Patient’s Medical Home Patient Centered Care Program

#### Choosing Wisely Recommendation

**Don’t Screen Women with Pap Smears If Under 21 Years of Age or Over 69 Years of Age**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Pap Smears</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-20 years</td>
<td>20.8% North, 14.7% Central, 11.8% Calgary, 16.3% Edmonton, 15.6% South, 14.5% Alberta</td>
</tr>
<tr>
<td>70+ years</td>
<td>14.9% North, 22.3% Edmonton, 15.9% Calgary, 13.6% Edmonton, 16.9% Alberta</td>
</tr>
</tbody>
</table>

#### Physician Supports

- **Alberta Health Services Cervical Cancer Screening Program**
  - CPGs, Management Guidelines
- **Canadian Task Force on Preventative Health Care**
  - Continuing medical education e-module
- **Toward Optimized Practice**
  - EMR training, support, and developing automatic reminders

#### 3-Year Cervical Cancer Screening Rates (2012-2014) Shows Over-Screening in Women Under 21 and Over 69

- 25% of DEXA scans were done between Jan 2010 and Dec 2013 were done less than two years apart.

- **Osteoporosis and Bone Mineral Density Testing (DEXA Scans)**

  - **Osteoporosis Services**
    - Osteoporosis Self-Consult Service - Group consult program
    - Train Physicians
    - Reduce 16 month wait for consult
    - Educate patients
  - **Toward Optimized Practice**
    - CPG, EMR training, support, and developing automatic reminders

#### Diagnostic Imaging for Low Back Pain

- **Year-to-Year Percent Change in the Number of MRIs and CTs Ordered Jan 2011 to Dec 2013**

  - CWA Low Back Pain Demonstration Project
    - Developing physician scripts to discuss LBP
    - “More is not always better”
    - “Offer appropriate low back pain care options”
    - “Don’t do imaging unless red flags are present”
  - Access to patient educational material

- **Towards Optimized Practice**
  - CPG, EMR training, support, and developing automatic reminders