



Physician Learning Program  
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# Physician Learning Program Supporting Choosing Wisely Alberta

## Let's think again.

### PLP Mandate

The Physician Learning Program (PLP) is an AMA-sponsored program housed in the Universities of Calgary and Alberta.

Using provincial healthcare databases, the PLP creates unique and confidential individual reports for consenting physicians on clinical questions of interest allowing the physician to get a snapshot of their practice and compare themselves to their peers.

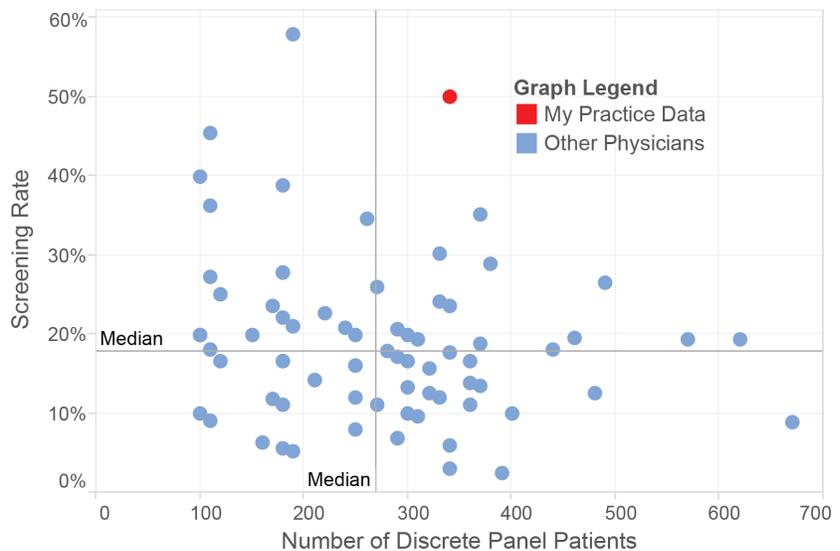
These data, with feedback reports, facilitate reflection and insight to change practice and improve patient outcomes. PLP projects are eligible for continuing professional development credits.

PLP is pleased to support projects related to Choosing Wisely Canada (CWC) and to partner with Choosing Wisely Alberta (CWA) to promote uptake of these physician-driven topics and recommendations.

### CWC Mandate

Choosing Wisely Canada is a campaign to help physicians and patients engage in conversations about unnecessary tests, treatments and procedures, and to support physician efforts to help patients make effective choices to ensure high-quality care.

Participating specialty societies have developed "Top 5 Lists" of tests, treatments and procedures they say are done more often than necessary. For a complete list of CWC topics, download the CWC App at [ChoosingWiselyCanada.org](http://ChoosingWiselyCanada.org)



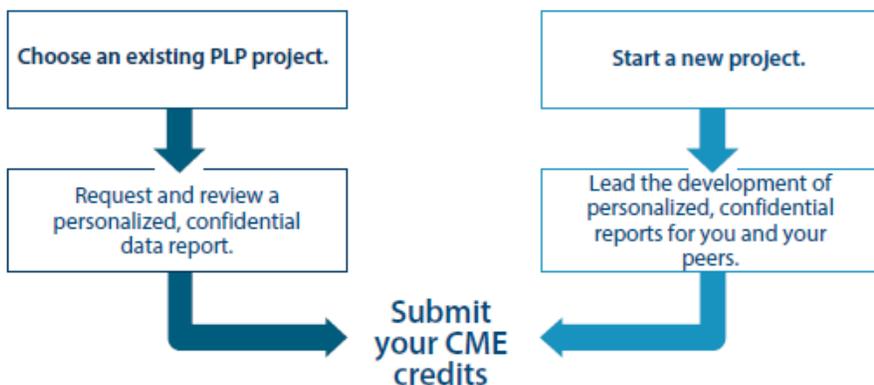
"My Practice Data" compared to "Physicians in Alberta/zone/region" on a specific clinical question of interest allows for confidential reflection of their practice patterns and identify learning gaps.

**PLP may be able to procure data for interested physician groups to support the following recommendations:**

1. Admission or pre-operative chest x-rays
2. Pre-operative lab testing for low-risk surgeries
3. Stress cardiac imaging as pre-operative assessment for low-risk surgeries
4. Post-operative DVT ultrasonography screening for elective hip or knee arthroplasty
5. Ultrasound vs. CT for suspected appendicitis in children
6. Routine colonoscopic surveillance in patients following colon cancer surgery
7. Repeat DEXA scans more than every two years
8. Screening for Vitamin D
9. Pap smears under 21 or over 69 years of age
10. Don't obtain imaging studies in patients with non-specific low back pain
11. ACE inhibitors in combination with ARBs for hypertension, diabetic nephropathy and heart failure
12. Use of Free T4 or T3 to screen for hypothyroidism or monitor/ adjust T4 dose
13. Avoid using medications known to cause hypoglycemia to achieve hemoglobin A1c <7.5% in many adults age 65 and older
14. Long-term steroid therapy for inflammatory bowel disease
15. Don't routinely test for Anti-TPO

**Interested in working with PLP? Contact us to find out about current projects or to explore how administrative datasets could be used to support self-assessment and reflection.**

**Two ways to get started with self-assessment**



Contact us to learn more about how we can help you achieve your Choosing Wisely goals.

Edmonton: [plp@ualberta.ca](mailto:plp@ualberta.ca)  
 Calgary: [plp@ucalgary.ca](mailto:plp@ucalgary.ca)  
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