

Topics by CFPC and CMA Forum on Family and General Practice

Recommendations	Physician Learning Program * Measurability;	Choosing Wisely Canada Patient Resources	CPG: Toward Optimized Practice	ACFP Tools for Practice *
1. Don't do imaging for lower-back pain unless red flags are present.	Frequency Counts; Proxy Only	Imaging tests for lower back pain	Primary Care Management of Low Back Pain http://www.topalbertadoctors.org/file/lbpguide/inesnov25-pdf	#17 X-rays for Non-specific Low Back Pain: A non-specific pain?
2. Don't use antibiotics for upper respiratory infections that are likely viral in origin, such as influenza-like illness, or self-limiting, such as sinus infections of less than seven days of duration.	Not at this time	Treating sinusitis: Don't rush to antibiotics	Diagnosis and Management of Acute Bacterial Sinusitis in Adults http://www.topalbertadoctors.org/file/sinusitis-adult-summary-pdf	#53 Advantages and limitations of 'delayed prescriptions' of antibiotics for upper respiratory tract infection (URTI)
3. Don't order screening chest X-rays and ECGs for asymptomatic or low risk outpatients.	Not at this time	ECG: When you need it—and when you don't		#50 CT scans and other forms of low-dose ionizing radiation – What is the risk of cancer?
4. Don't screen women with Pap smears if under 21 years of age or over 69 years of age.	Yes	Pap tests: When you need them—and when you don't	Cervical Cancer Summary http://bit.ly/1cR78tg	
5. Don't do annual screening blood tests unless directly indicated by the risk profile of the patient.	Not at this time	Health checkups: When you need them—and when you don't		
6. Don't routinely measure Vitamin D in low risk adults.	Yes	AHS Vitamin D testing CWC: Vitamin D tests: When you need them-and when you don't	Vitamin D Testing and Supplementation http://www.topalbertadoctors.org/file/vitamin-d-testing-and-supplementation.pdf	#12 What's the benefit to Vitamin D: Trend or Treat? #106 Vitamin D Levels: Vitamin Do or Vitamin Don't #116 Vitamin D and Low Mood: The easy perky pill.
7. Don't do screening mammography for low risk women aged 40-49.	Frequency Counts; Proxy Only		Breast Cancer Screening http://www.topalbertadoctors.org/file/breast-cancer-summary-pdf	
8. Don't do annual physical exams on asymptomatic adults with no significant risk factors.	Not at this time	Health checkups: When you need them—and when you don't		
9. Don't order DEXA (Dual-Energy X-ray Absorptiometry) screening for osteoporosis on low risk patients.	Frequency Counts; Proxy Only	Bone-density tests. When you need them, and when you don't	Summary for the Diagnosis and Management of Osteoporosis http://www.topalbertadoctors.org/file/osteoporosis-summary-pdf	#32 Bone Mineral Density – Too much of a good thing.
10. Don't advise non-insulin requiring diabetics to routinely self-monitor blood sugars between office visits.	Not at this time			
11. Don't order thyroid function tests in asymptomatic patients.	Frequency Counts; Proxy Only		Investigation and Management of Primary Thyroid Dysfunction http://www.topalbertadoctors.org/file/thyroid-summary-pdf	