Choosing Wisely: Healthcare for the Elderly

In 2012 Choosing Wisely was launched in the United States with the goal of advancing dialogue on avoiding wasteful or unnecessary medical tests, treatments, and procedures. Modeled after this campaign, and organized by a team of leading Canadian physicians, Choosing Wisely Canada (CWC) aims to help clinicians and patients engage in conversations about unnecessary tests and treatments, and make smart and effective choices to ensure high-quality care.

Choosing Wisely for the Elderly:

American Academy of Nursing. (2014). Don’t let older adults lie in bed or only get up to a chair during their hospital stay.


AGS. (2014). Don’t prescribe a medication without conducting a drug regimen review.

AGS. (2013). Don’t use antimicrobials to treat bacteriuria in older adults unless specific urinary tract symptoms are present.

AGS. (2013). Don’t use benzodiazepines or other sedative-hypnotics in older adults as first choice for insomnia, agitation or delirium.

AMDA. (2015). Don’t recommend aggressive or hospital-level care for a frail elder without a clear understanding of the individual’s goals of care and the possible benefits and burdens.

AMDA. (2015). Don’t recommend screening for breast, colorectal or prostate cancer if life expectancy is estimated to be less than 10 years.

AMDA. (2013). Don’t routinely prescribe lipid-lowering medications in individuals with a limited life expectancy.

American Physical Therapy Association. (2014). Don’t prescribe under-dosed strength training programs for older adults. Instead, match the frequency, intensity and duration of exercise to the individual’s abilities and goals.

Publications:

