**Choosing Wisely® Resources for General Use with Patients**

**as a Shared Decision Making Tool on Low Back Pain**

NNE-PTN is pleased to be partnering with [Choosing Wisely®](http://www.choosingwisely.org/) (*The Choosing Wisely lists were created by over 70 national medical specialty societies and are evidence-based recommendations that provide the platform for providers and patients to engage in conversation and shared decision making*.*)* to make the following materials available for your practice. The Transforming Clinical Practice Initiative (TCPI) has identified key “drivers” of transformation, along with six metrics of Person and Family Engagement (PFE) to guide transformation activities. The NNE-PTN reporting measures include both Low Back Pain reductions in imaging, as well as overall reduction of utilization and cost of care. **While the materials we have provided showcase how they can be used for patients with low back pain, they are adaptable to any type of encounter.**

Health care practices can adopt a variety of strategies to improve person and family engagement. Changes can range from improving office workflow, to improving how care team members interface with the patient and family, to developing shared decision-making strategies1 that ensure treatment is understood by and meaningful to the individual patient. Your NNE-PTN practice coach/facilitator can assist you to successfully integrate these materials into your clinical workflow.

We hope you find these resources valuable as well for your successful implementation of the six Person and Family Engagement (PFE) Metrics and to help achieve your MIPS Improvement Activity points.

**The Six PFE Metrics are:**

1. Inclusion of the patient voice in practice operations
2. Shared decision-making among clinicians & patients
3. Assessment to gauge patient readiness to be “activated” as a partner in their care
4. Use of e-technology to engage patients & family
5. Measurement of patient health literacy
6. Support for medication use

**The TCPI Person and Family Engagement (PFE) Program Metric component that these resources will help address:**

* **PFE Metric 2 – Shared decision-making among clinicians & patients** *(Does the practice support shared decision-making by training and ensuring that clinical teams integrate patient-identified goals, preferences, outcomes, and concerns into the treatment plan? E.g. those based on the individual’s culture, language, spiritual, social determinants, etc)*
* **2017 MIPS Improvement Activities (IA)** – The PFE metrics are linked to Quality Payment Program MIPS Improvement Initiatives. In calculating the overall MIPS score, Improvement Activities are 15% of the overall MIPS score.
  + IA\_BE\_2 – Use of PCDR to support clinical decision making
  + IA\_BE\_8 – Participation in a QCDR, that promotes collaborative learning network opportunities that are interactive
  + IA\_BE\_11 – Participation in a QCDR, that promotes use of processes and tools that engage patients for adherence to treatment plan
  + IA\_BE\_12 – Use evidence-based decision aids to support shared decision-making
  + IA\_BE\_15 – Engagement of patients, family and caregivers in developing a plan of care
  + IA\_CC\_9 – Implementation of practices/processes for developing regular individual care plan

**How will these resources help me reduce unnecessary treatment and reduce utilization in my practice?**

The Choosing Wisely® tools and resources are designed for practices/organizations participating in the NNE-PTN as one strategy to help you and your team to:

* Create a practice culture that emphasizes and incorporates the person and family perspective in every aspect of care.
* Promote conversations between clinicians and patients to choose care that is:

supported by evidence, not duplicative of other tests or procedures already received,

free from harm and truly necessary.

* Help patients/members make smart effective care choices and assist them to better understand their health condition and that their care plan includes actions that they believe in, can afford, and can carry out safely.

When patients and families are partners in planning and making decisions about their care, health outcomes are better, patient experience and satisfaction improves, and often, costs are lower.2

1 Shared Decision-making is a collaborative process that allows patients and their providers to make health care decisions together. It considers the best clinical evidence available, as well as the patient’s values and preferences.

2 Frampton S B, Guastello S, Hoy L, Naylor M, Sheridan S, and Johnston-Fleece M. (2017). Harnessing Evidence and Experience to Change Culture: A Guiding Framework for Patient and Family Engaged Care. Discussion Paper, National Academy of Medicine, Washington, DC. [https://nam.edu/wp-content/uploads/2017/01/Harnessing-Evidence-and- Experience-to-Change-Culture-A-Guiding Framework-for-Patient-and-Family-Engaged-Care.pdf](https://nam.edu/wp-content/uploads/2017/01/Harnessing-Evidence-and-%20Experience-to-Change-Culture-A-Guiding%20Framework-for-Patient-and-Family-Engaged-Care.pdf)

**To order additional materials, see page 3**

**REQUEST FORM TO ORDER ADDITIONAL CHOOSING WISELY® MATERIALS**

**Email your request directly to:** [**mleclair@mainequalitycounts.org**](mailto:mleclair@mainequalitycounts.org)

**American Board of Internal Medicine (ABIM) Foundation**

The Choosing Wisely® campaign has developed many tools and resources publicly available for persons and providers. The Choosing Wisely lists were created by over 70 national medical specialty societies and are evidence-based recommendations that provide the platform for providers and patients to engage in conversation and shared decision making. Each list provides information on when tests and procedures may be appropriate and provide benefit and likewise, when they may not be appropriate and could cause harm. To see the full list by all medical specialties, go to the ABIM Foundation website on Choosing Wisely at: [www.choosingwisely.org](http://www.choosingwisely.org). For more information on Choosing Wisely in Maine, go to: [www.mainequalitycounts.org/choosingwisely](http://www.mainequalitycounts.org/choosingwisely)

Materials below are listed for both patients and providers/practice team members and color coded:

|  |  |  |
| --- | --- | --- |
| Providers/practice Resources |  | Patient Educational Materials |

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| --- | --- | --- | --- | --- | --- |
| **General Choosing Wisely Materials** | | | | | **Quantity** |
|  |  | 5 Questions Large Poster (16x20 in) that cling to wall | | |  |
|  |  | 5 Questions 8 ½ x 11 Flyer | | |  |
|  |  | 5 Questions Rack Card | | |  |
|  |  | 5 Questions Wallet Card | | |  |
|  |  | Overuse Rack Card | | |  |
|  |  | CompareMaine Flyer | | |  |
|  |  | Engage with Choosing Wisely 3 Things You Can Do Booklet | | |  |
|  |  | Conversation Guides Set | | |  |
|  |  | Choosing Wisely Toolkit for Providers and Practices Teams | | |  |
| **Low Back Pain Choosing Wisely Materials** | | | | | |
|  |  | | Low Back Pain Rack Card | |  |
|  |  | | Low Back Pain 2 page patient information sheet | |  |
|  |  | | Low Back Pain Patient Decision Aid | |  |
|  |  | | Low Back Pain Adult Workflow Diagnosis/Treatment Flashcard | |  |
|  |  | | AAFP List of 15 Things to Question | |  |
| **Chronic Pain Choosing Wisely Materials** | | | | |  |
|  |  | | | Chronic Pain Rack Card |  |
|  |  | | | Chronic Pain 2 page patient information sheet |  |

**Mail materials to:**

Name:

Name of Practice/Organization:

Mailing address:

City: State: Zip:

Email address: Bus. Tel.: