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# Prudent Healthcare – Choosing Wisely

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# Prudent Healthcare Principles

## The 4 principles of prudent healthcare



For further information visit [www.prudenthealthcare.wales](http://www.prudenthealthcare.wales)



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# Prudent Healthcare Principles

## *1. Achieve health and well being with the public, patients and professionals as equal partners through co-production.*

- Involve patients in decisions about treatment and care and make decisions based on what matters most to patients, for example quality of life, independence.
- Making sure people get the care they want that will help them to fulfil their ambitions.

# Prudent Healthcare Principles

## ***2. Care for those with the greatest health need first, making the most effective use of all skills and resources***

- Make the people and communities who need care and services the most the priority.
- Making sure time and resources aren't wasted doing things that don't work or aren't needed.
- Distributing resources, including staff, in the places where they are most effective.

# Prudent Healthcare Principles

## *3. Do only what is needed and do no harm, no more, no less*

- Make sure treatments and care actually help people and don't cause harm.
- Offer treatments that will help, and avoid unnecessary tests and procedures.
- Protect people from treatment that goes beyond what's actually needed.

# Prudent Healthcare Principles

## ***4. Reduce inappropriate variation using evidence based practices consistently and transparently***

- Ensure consistency in care and treatments offered everywhere in Wales, and make sure all treatment is the most effective.
- Make sure everyone receives the option of the most up-to-date and effective treatment wherever they live in Wales, and whichever organisation is delivering the care.
- Give people the information they need to be confident they are receiving the highest quality, most effective care or treatment.

# What is Choosing Wisely ?

- International clinician-led campaign
- To promote conversations between doctors and patients by helping patients to choose care that is :
  - Supported by evidence
  - Not duplicative of other tests or procedures already received
  - Free from harm
  - Truly necessary
- ▶ Now being implemented in the UK

# Rationale

- Sub-optimal care for patients adding little or no value results from :
  - Inappropriate clinical interventions
  - Culture of over-medicalisation
  - Patients not involved in clinical decisions
- Additionally :
  - Unethical and inefficient to provide treatments or interventions with no clinical value
  - Avoiding inappropriate clinical interventions requires different conversation between clinicians and their patients



# Aims of the Campaign

- **Embed** a broad culture change in healthcare where clinicians and patients regularly discuss the value of treatments and make **shared decisions**
- **Ensure** good information is available for patients and clinicians
- **Enable** participating professional health organisations such as the Medical Royal Colleges to produce lists of commonly used treatments/interventions whose necessity should be questioned
- **Spread** the work of the campaign amongst the wider general public, patients and clinicians
- **Reduce harm** to patients by use of inappropriate tests or interventions



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# Choosing Wisely Wales

- **Led by** the Academy of Medical Royal Colleges Wales in partnership with Public Health Wales and patient organisations
- **Builds on work** already being applied by PHW
- A **fundamental component** of prudent healthcare
- **Aligned closely** with Choosing Wisely UK
- Will include **shared decision making** with **equal representation** from both clinicians and patients
- Will be supported by academic partners