

Choosing Wisely International Roundtable 2024

Barcelona, 9-10 October 2024



What: Choosing Wisely International roundtable is a meeting to support a community of practice working on decreasing low-value health care.

Meeting goal: To come together to identify best practices and share knowledge specifically focused on de-implementation to support Choosing Wisely recommendations in practice.

Venue:
Universitat Oberta de Catalunya (UOC)
The C building -
Interdisciplinary R&I Hub
Rambla del Poblenou, 154
08018 Barcelona

Dinner – October 8, 2024

Location: 1881 per Sagardi Restaurant - History Museum of Catalonia
Plaça de Pau Vila, 3, Ciutat Vella, 08039

Time: 19:30



Day 1 October 9, 2024

9:00-9:30

Introductions

Welcome from Barcelona team.

Sandra García Armesto (Director of AQUAS)

Marta Aymerich (Director of the eHealth Center UOC)

Johanna Caro Mendivelso (Essencial team)

Wendy Levinson (Choosing Wisely Canada)

9:15-11:00

Choosing Wisely and Climate Change

This session will allow presentations of progress in different countries and time for the whole group to consider shared next steps.

Facilator: Wendy Levinson

Climate abstracts:

1. *Communicating on Climate Change and Health: Toolkit for Health Professionals.*
Jeff Blackmer, Canada
2. *Climate Sustainability Work in Choosing Wisely (CW) Italy.*
Sandra Vernerio, Italy
3. *Including Sustainability in Decision making Surrounding Treatment: Perspectives from Healthcare Providers and Patients.*
Simone van Dulmen, The Netherlands
4. *Cochrane's Strategy Towards Sustainable Healthcare*
Juan Franco, Cochrane, Germany

11:00-11:15

BREAK

11:15-12:15

Rapid Fire Session #1

Facilator: Chris Moriates

1. *Regional Health Agency Low-Value Care de-Implementation Project in the Tuscany Region.*
Chiara Marini, Italy
2. *Choosing Wisely campaign: Identifying International Dissemination Strategies, Retrospective Analysis of the National Situation and development of Strategies to increase the awareness of the Campaign in Austria.*
Andrea Siebenhofer-Kroitzsch, Austria
3. *Monitoring of Overuse through a Map of Dimensions and Processes.*
Manuel Medina Peralta, Catalonia-Spain
4. *Use of Fogg Behavior Model in BD4CA (Behavioural design for low-value clinical practices: improving health care through evidence for behavioural change) a project of AQUAS and UOC.*
Manuel Armayones, Catalonia-Spain

12:15-13:15

LUNCH

Organized by:

Day 1 October 9, 2024

13:15-16:30

De-implementation Research

This session will be an in-depth workshop on de-implementation research methods. Examples will be drawn from the rapid fire submissions of work in progress or completed de-implementation programs

Facilitators: Tijn Kool & Jeremy Grimshaw

Abstracts:

1. *Effectiveness of different De-implementation Strategies in Primary Care: a Systematic Review and Meta-analysis.*
Aleksi Raudasoja, Finland
2. *Achieving Sustainable Outcomes with De-Implementation Strategies.*
Tijn Kool, The Netherlands
3. *Statins in Multimorbid Older Adults without Cardiovascular Disease (STREAM).*
Moa Haller & Nicolas Rodondi, Switzerland
4. *Why do Patients Hesitate to Deprescribe in Clinical Practice? A comparison of GP Practices and Hospital Settings.*
Julia Bianca Bardoczi, Switzerland

Social Activity & Dinner

Bus Tour & Walking Tour

- **17:00** Bus tour (pick-up location same as the meeting venue – *Universitat Oberta de Catalunya, The C building - Interdisciplinary R&I Hub, Rambla del Poblenou, 154*)
- **18:30** Walking tour

Dinner at 19:30

- Restaurant: 7 Portes
Pg. d'Isabel II, 14, Ciutat Vella, 08003
<https://7portes.com/es/>

Day 2 October 10, 2024

9:00-10:30

Patient Engagement Approaches

This session will include discussion with the whole group about approaches to engaging patients.

Facilitator: Stefán Hjörleifsson

Laura Fernández Maldonado —BE-SAFE, EU funded study with 6 countries
 Susanne Axelsen—Denmark Choosing Wisely Program

10:30-10:45

BREAK

10:45-12:00

Rapid Fire Session #2

Facilitator: Andrea Patey

1. *Patient Booklet on Palliative Care by Choosing Wisely Austria.*
 Julia Harlfinger, Austria
2. *Choosing Wisely: Singapore's 2nd Year.*
 Yeo Jia Xuan, Singapore
3. *Shared Decision Making in Endometriosis.*
 Montse Moharra, Catalonia- Spain
4. *Essencial Network of Healthcare Quality Professionals in Catalonia: De-
 implementing Low-Value Clinical Practices in the Healthcare System.*
 Garazi Carrillo Aguirre, Catalonia-Spain

12:00-13:00

LUNCH

Disseminating De-Implementation Research and Scholarship – What Guidance Can Improve the Quality of Submissions?

Facilitator: Brian Wong

Presentation by Loren de Freitas (editor of the BMJ education series with Choosing Wisely)

Bryony Dean Franklin (editor of BMJ Quality and Safety)

Juan Franco (Editor, Research Section)

14:15-14:30

BREAK

14:30-16:00

Small and Large Group Discussions: Planning work for upcoming year based on discussions and group interest—Ideas to consider but to be determined by group.

1. 'Traditional' conference with open registration to bring people together with a shared interest in de-implementation research and practice
2. Climate next steps
3. Collaborative research
4. Supporting LMIC in Choosing Wisely Network

16:00-16:15

Closing Session

Final comments & planning for next year

Wendy Levinson