

チューニング・ワイズリー ～医療の賢い選択～

群星（むりぐし）沖縄 臨床研修センター
総合診療医
徳田安春

Choosing wisely: 賢い選択



An initiative of the ABIM Foundation

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Choosing Wisely® Consumer Partners

These organizations, working with Consumer Reports, are joining *Choosing Wisely* to help disseminate information and educate

<http://www.choosingwisely.org/>

Ammerican College of Emergency Physicians (ACEP、アメリカ救急医学会):
Five Things Physicians and Patients Should Question
(医者と患者が質問すべき5のこと)

- 1 Avoid computed tomography (CT) scans of the head in emergency department patients with minor head injury who are at low risk based on validated decision rules.**

妥当性が確認されている判断ルールにおいて、低リスク群とされた軽症の頭部外傷ケースでは頭部CT検査は避けましょう。
- 2 Avoid placing indwelling urinary catheters in the emergency department for either urine output monitoring in stable patients who can void, or for patient or staff convenience.**

自尿が可能な安定した患者さんには、尿測目的または患者さんや医療スタッフの便宜のために、尿道カテーテルの留置を行うことは避けましょう。
- 3 Don't delay engaging available palliative and hospice care services in the emergency department for patients likely to benefit.**

緩和ケアやホスピスの利用を必要とする患者さんに対しては、救急室からその連携について遅滞なく進めましょう。
- 4 Avoid antibiotics and wound cultures in emergency department patients with uncomplicated skin and soft tissue abscesses after successful incision and drainage and with adequate medical follow-up.**

切開および排膿処置が成功して、十分な医学的フォローアップが可能な場合、皮膚または軟部組織の合併症がない膿瘍について、細菌培養検査や抗菌薬の投与は控えましょう。
- 5 Avoid instituting intravenous (IV) fluids before doing a trial of oral rehydration therapy in uncomplicated emergency department cases of mild to moderate dehydration in children.**

小児の軽度または中等度の脱水ケースにおいて合併症がない場合には、経口補液を試してみる前に経静脈的な補液を行うことは避けましょう。

Choosing Wisely USA & Canada

Characteristic	Choosing Wisely USA	Choosing Wisely Canada
Starting year	2012	2014
Participating society	>70 specialty societies	>45 specialty societies
Recommendations	>400	>150
Patient pamphlet	>90	>25
Implementation	Organic and accelerated	Organic



総合診療指導医コンソーシアム「5リスト」

- 1** Don't recommend PET-CT cancer screening for asymptomatic adults.

徴候のない成人患者に、PET-CTによるがんスクリーニングを
やらないようにしましょう
- 2** Don't recommend tumor marker screening for asymptomatic adults.

徴候のない成人患者に、腫瘍マーカーによるがんスクリーニングを
やらないようにしましょう
- 3** Don't recommend MRI brain screening for asymptomatic adults.

徴候のない成人患者に、脳MRIを
やらないようにしましょう
- 4** Don't perform routine abdominal CT for non-specific abdominal pain.

特異的な腹部痛を訴えない患者に、腹部CTをルーチンには
やらないようにしましょう
- 5** Don't place urinary catheters for provider convenience.

適応のない尿道カテーテル留置を
ルーチンにはやらないようにしましょう

医療の賢い選択キャンペーンの方略

対象者

具体例

医師

- 学会による診療指針作成（ガイドライン等）
- さまざまな方略で情報を提供（本、雑誌、ウェブ等）

患者

- 患者向け情報提供（パンフ、ビデオ等）
- さまざまな状況で情報を提供（医療機関受診時等）

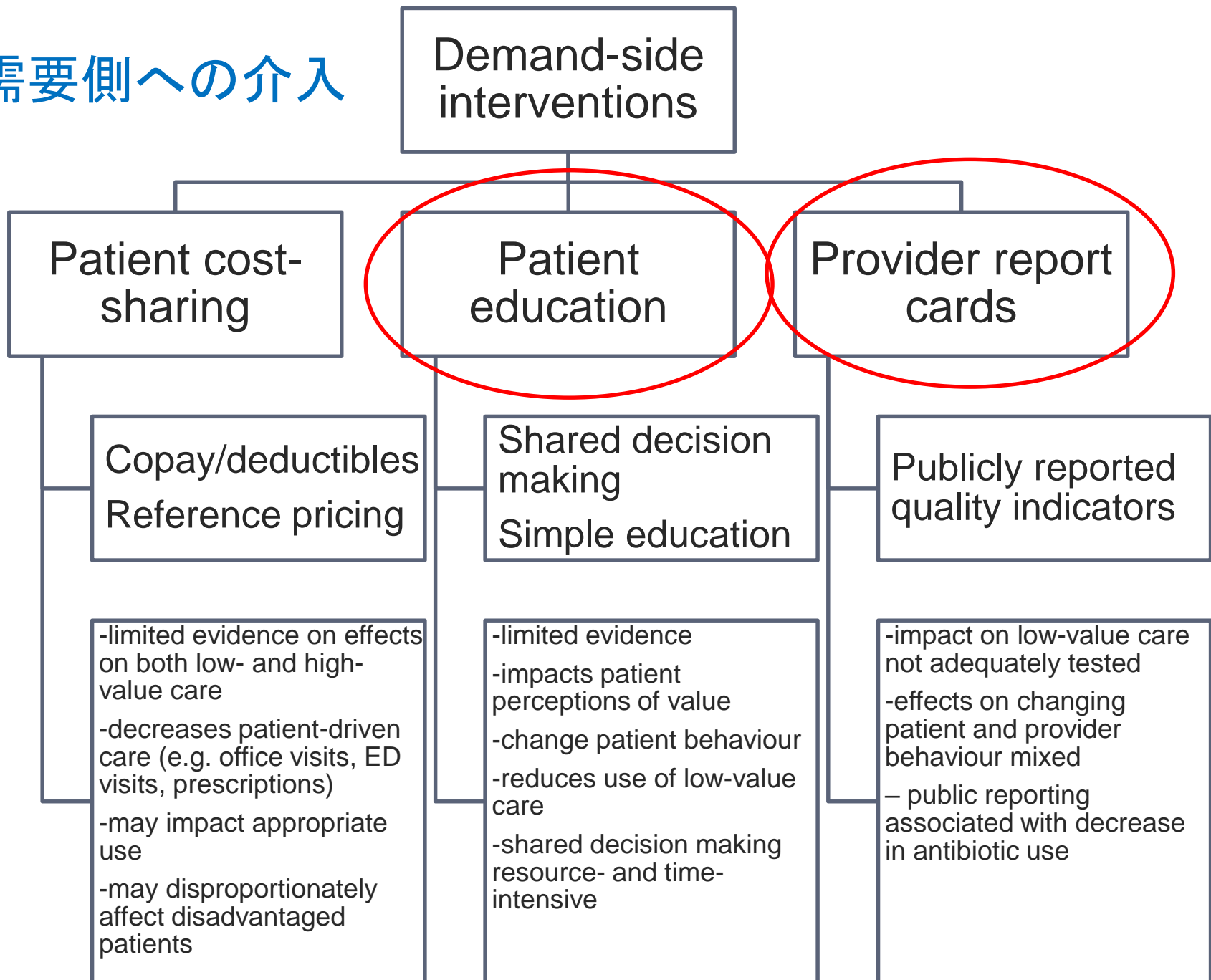
メディア

- メディアとの協力体制の確立（勉強会開催等）
- さまざまな人物による統一メッセージの発信（CM等）

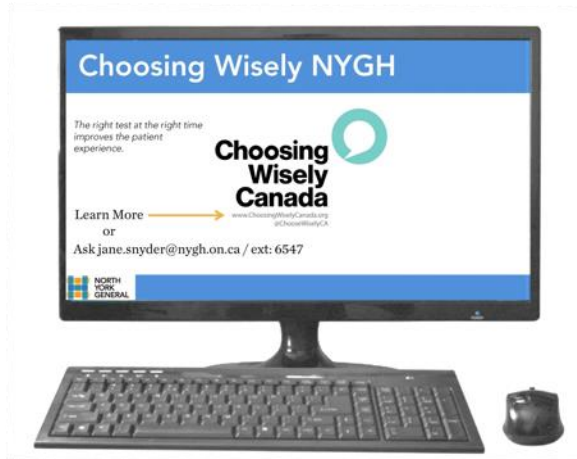
ステークホルダー

- 目標達成のためにステークホルダー組織（保険者・企業等）に協力を依頼（共同研究企画等）

需要側への介入



患者・市民への教育

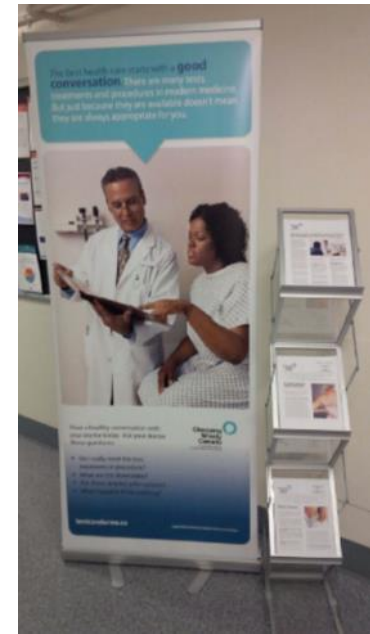


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About

Promotion au CHU Sherbrooke de la campagne Choisir avec soin



But Ma'am, do you think we should be talking about diet, sleep, stress and exercise when there's so much testing we could do?



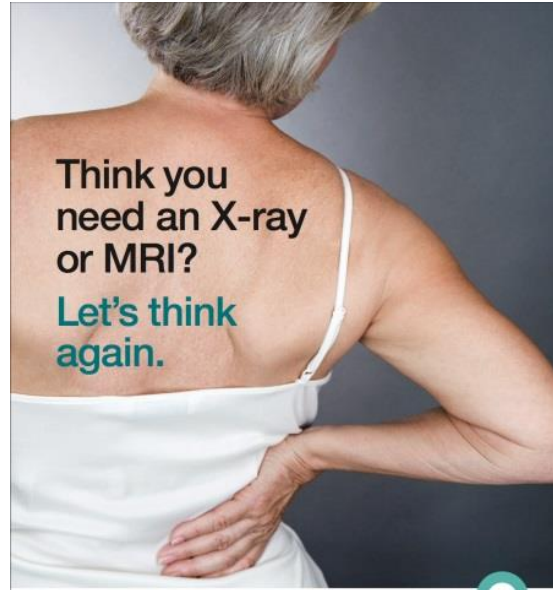


Think you need antibiotics?
Let's think again.

Choosing Wisely Canada
In partnership with the Canadian Medical Association

A healthy conversation about medical tests, treatments and procedures.
Talk with your doctor or visit ChoosingWiselyCanada.org

[@ChooseWiselyCA](https://twitter.com/ChooseWiselyCA)

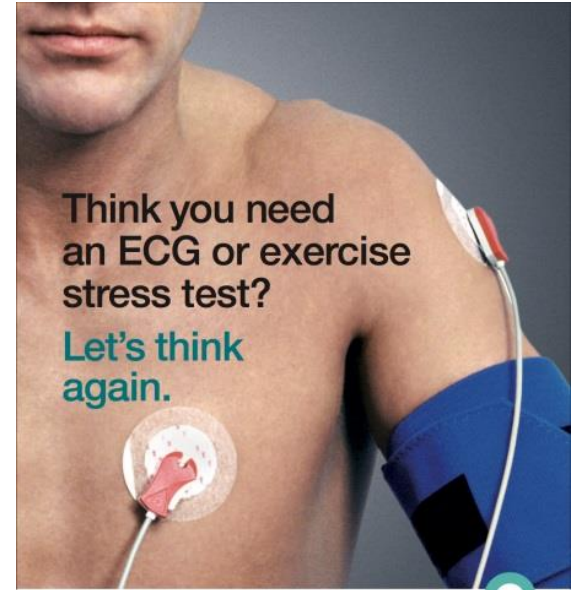


Think you need an X-ray or MRI?
Let's think again.

Choosing Wisely Canada
In partnership with the Canadian Medical Association

A healthy conversation about medical tests, treatments and procedures.
Talk with your doctor or visit ChoosingWiselyCanada.org

[@ChooseWiselyCA](https://twitter.com/ChooseWiselyCA)



Think you need an ECG or exercise stress test?
Let's think again.

Choosing Wisely Canada
In partnership with the Canadian Medical Association

A healthy conversation about medical tests, treatments and procedures.
Talk with your doctor or visit ChoosingWiselyCanada.org

[@ChooseWiselyCA](https://twitter.com/ChooseWiselyCA)

From: **Reduction of Inappropriate Benzodiazepine Prescriptions Among Older Adults Through Direct Patient Education: The EMPOWER Cluster Randomized Trial**

JAMA Intern Med. 2014;174(6):890-898. doi:10.1001/jamainternmed.2014.949

かかりつけ薬局による介入研究

RCT in Quebec, Canada

30 community pharmacies randomized

- Community-dwelling patients ≥ 65 with long-term **benzodiazepine** prescription

Patient empowerment intervention

- Education
- Peer champion stories
- Recommendations

Choosing Wisely International トップ 10

	# of countries that ranked intervention:				
	1 st	2 nd	3 rd	4 th	5 th
Antibiotics for URIs/bronchitis/sinusitis	7	1	1	1	2
Imaging for low back pain	4	4	1	2	2
Pre-operative testing in low-risk patients (EKG, stress EKG, chest x-ray, labs)		1	2	3	2
Artificial nutrition in patients with advanced dementia or advanced cancer			1		1
Urinary catheter placement		2	1	1	
Cardiac imaging in low risk patients		1	2	2	
Cancer screening (pap, ovarian, PSA)	2	2	1	1	
DEXA scan for bone density	1			1	1
Benzodiazepine/antipsychotics in older patients		4	2	1	2
Imaging for headaches			1	1	2

Other:

- PPIs (3 countries)
- blood chemistries tests at regular intervals (such as every day)
- Vitamin D
- Brain MRI for asymptomatic patients
- Genetic testing
- General screening for asymptomatic people especially using high tech diagnostic devices¹²

CAUTI (catheter-associated urinary tract infection)



Prevalence and Appropriateness of Urinary Catheters in Japanese Intensive Care Units: Results From a Multicenter Point Prevalence Study

Akira Kuriyama,¹ Tadaaki Takada,² Hiromasa Irie,³ Masaaki Sakuraya,⁴ Kohta Katayama,⁵ Daisuke Kawakami,⁶ Hiroshi Iwasaki,⁷ Karen E. Fowler,⁸ Yasuharu Tokuda,⁹ and Sanjay Saint^{8,10}

Table 1. Urinary Catheter Point Prevalence and Proportion Appropriate at 7 Intensive Care Units in Japan

Location	Total Patient-Days	Total Catheter-Days	Total Appropriate	Foley Catheters, %	Appropriate, %
Hospital A ICU	237	117	86	49	74
Hospital B CCU/EICU	253	181	128	72	71
Hospital C ICU	295	264	135	89	51
Hospital C EICU	296	277	150	94	54
Hospital D ICU	225	195	91	87	47
Hospital E EICU	262	153	61	58	40
Hospital E ICU	138	102	42	74	41
Total	1706	1289	693	76	54

Abbreviations: CCU, coronary care unit; EICU, emergency intensive care unit; ICU, intensive care unit.

Conclusions. Urinary catheters were frequently used in the 7 participating Japanese intensive care units and almost half did not meet an appropriate indication for use. Overusing catheters for monitoring accurate input and output was especially notable. Multimodal interventions may be needed to limit inappropriate urinary catheter use.