PRESS RELEASE

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AMDA Releases List of Potentially Unnecessary Medical Tests, Procedures as Part of the ABIM Foundation’s Choosing Wisely® Campaign

Columbia, MD — AMDA – Dedicated to Long Term Care Medicine (AMDA) has partnered with the ABIM Foundation’s Choosing Wisely® campaign to encourage discussions among physicians, patients, and other health care stakeholders about medical tests and procedures that may be unnecessary or even cause harm.

As part of this commitment, AMDA has developed a list of five practices or tests that are common in the post-acute/long-term care setting, but lack the scientific evidence to support their use. The list consists of:

- Don’t insert percutaneous feeding tubes in individuals with advanced dementia. Instead, offer oral assisted feedings.
- Don’t use Sliding Scale Insulin for long-term diabetes management for individuals residing in the nursing home.
- Don’t obtain a urine culture unless there are clear signs and symptoms that localize to the urinary tract.
- Don’t prescribe antipsychotic medications for behavioral psychological symptoms of dementia (BPSD) in individuals with dementia without an assessment for an underlying cause of the behavior.
- Don’t routinely prescribe lipid-lowering medications in individuals with a limited life expectancy.

To develop this list, AMDA convened a work group comprised of Clinical Practice Committee members. Group members suggested tests and procedures they thought should be included, which were then analyzed for appropriateness, relevance, and potential to improve patient care. They were further refined to maximize the impact and eliminate overlap. Then the group ranked the items according to importance. After a literature search to provide supporting evidence, the list was modified and finalized. The final list then went to the AMDA Executive Committee for approval.

“By partnering in the Choosing Wisely campaign, our hope is that physicians and patients will talk about the necessity of these tests and procedures, and the quality of patient care will improve,” said AMDA Executive Director Christopher Laxton, CAE. “We believe that the conversations that occur as a result of this campaign will encourage open communication between physicians and patients, families, and others. This, in turn, will promote and support the high-quality, cost-effective, person-centered care that AMDA and our members advocate for on a daily basis,” Laxton added.

“AMDA has shown tremendous leadership by releasing its list of tests and procedures they say are commonly done in post-acute/long term care but aren’t always necessary,” said Richard J. Baron, MD, president and CEO of the ABIM Foundation. “The content of this list and all of the others developed through this effort are helping physicians and patients across the country engage in conversations about what care they need, and what we can do to reduce waste and overuse in our health care system.”

Over the next year, more than 30 other specialty society partners will release lists as part of the Choosing Wisely campaign. Visit www.amda.com/tools/choosingwisely.cfm for AMDA’s full list and descriptions, information on how the list was created, and sources, as well as a JAMDA article on the list, quotes from those involved in the list development, and tools and resources related to list topics.

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About AMDA – Dedicated to Long Term Care Medicine
AMDA – Dedicated to Long Term Care (formerly the American Medical Directors Association) is the national professional association of medical directors, attending physicians, and other professionals practicing post-acute/long term care medicine committed to the continuous improvement of patient care. AMDA provides education, advocacy, information, and professional development to enable its members to deliver quality long term care. Learn more at www.amda.com.

About the ABIM Foundation
The mission of the ABIM Foundation is to advance medical professionalism to improve the health care system. We achieve this by collaborating with physicians and physician leaders, medical trainees, health care delivery systems, payers, policy makers, consumer organizations and patients to foster a shared understanding of professionalism and how they can adopt the tenets of professionalism in practice. To learn more about the ABIM Foundation, visit www.abimfoundation.org, read our blog blog.abimfoundation.org, connect with us on Facebook or follow us on Twitter.

About Choosing Wisely®
First announced in December 2011, Choosing Wisely® is part of a multi-year effort led by the ABIM Foundation to support and engage physicians in being better stewards of finite health care resources. Participating specialty societies are working with the ABIM Foundation and Consumer Reports to share the lists widely with their members and convene discussions about the physician’s role in helping patients make wise choices. Learn more at www.ChoosingWisely.org.