

Choosing Wisely Psychiatry

March 10, 2020

What's this project about?

Choosing Wisely Canada (CWC) is a campaign to help clinicians and patients engage in conversations about unnecessary tests and treatments to ensure high-quality care. The Canadian Psychiatric Association identified thirteen CWC recommendations for the diagnoses of insomnia, attention deficit and hyperactivity disorder, depression, psychosis and dementia as well as specific test ordering recommendations.

Based on this body of work, the Addiction & Mental Health SCN™ launched the **Choosing Wisely – Supporting Implementation of Psychiatry Recommendations** project. The intention of this project is to look at these recommendations in the Alberta context, by reviewing data related to each recommendation to see if and where there are improvements that can be made.

How did we do this?

For each recommendation, we reviewed any new research and used health data to determine trends in prescribing over the last few years. The data was then summarized and shared back with each Zone for discussion and action. Quality Improvement funding was received in Edmonton Zone and we used this funding to secure access to the Pharmacy Informational Network data base for Edmonton Zone analysts, so they are able to continue to monitor zone prescribing after this project ends.

We also partnered with the Health Quality Council of Alberta (HQCA), and psychiatrists were able to receive individualized data reports that showed how their prescribing aligned with other psychiatrists in the province.

All data has been shared with the Zones and discussions on how to address the increasing prescribing of antidepressants, antipsychotics and other medication will continue.

For more information on this project, please contact the Addiction and Mental Health Strategic Clinical Network™: AddictionMentalHealth.SCN@albertahealthservices.ca

