



IT'S TIME TO  
RETHINK THE  
ANNUAL  
PHYSICAL

Learn more about  
the shift towards  
**CUSTOMIZED HEALTHCARE**

the  
**PERIODIC  
HEALTH REVIEW:**  
focused testing  
that takes into  
account your unique  
risk factors

# CFPC / Choosing Wisely Canada TOOLKIT

A toolkit for health care providers designed to enhance shared decision making

- > Discover tools to improve communication around risks associated with tests and treatments
- > Better help your patients understand evidence and harms specific to their unique case

Download educational videos, printable posters,  
and easy-to-read patient handouts all in one place!

[www.cfpc.ca/ChoosingWiselyCanada](http://www.cfpc.ca/ChoosingWiselyCanada)

Use these tools along with the following step-by-step instructions to get  
the most out of patient conversations.



WANT MORE INFO? **CONTACT US**

**The College of Family Physicians of Canada**  
Web: [www.cfpc.ca](http://www.cfpc.ca)  
Email: [pps@cfpc.ca](mailto:pps@cfpc.ca)

**Choosing Wisely Canada**  
Web: [www.choosingwiselycanada.org](http://www.choosingwiselycanada.org)  
Email: [info@choosingwiselycanada.org](mailto:info@choosingwiselycanada.org)

# CFPC / Choosing Wisely Canada Toolkit

## A GUIDE TO ENHANCING SHARED DECISION MAKING

### 1. PREPARATION

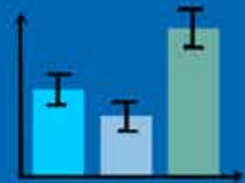
REVIEW patient files and identify the purpose of the visit



DEVELOP objectives for the visit



CONSIDER evidence-based criteria



### 2. COMMUNICATION

IDENTIFY the patient's concerns



DETERMINE whether the patient is symptomatic or asymptomatic



EXPLAIN the risks/benefits of options, backed by evidence and unique to the patient's case



### 3. FACILITATION

PARTICIPATE in shared decision making through conversation



LEAD the patient to resources and materials for reflection



INVITE the patient to a follow-up appointment

