



# **Choosing Wisely** **COVID-19 Recommendations**

Communications Toolkit | Version 1.0

# Using Resources Wisely in the COVID-19 Pandemic

The COVID-19 pandemic presents an unprecedented challenge to the capacity of health care systems and providers around the world. Now, more than ever, stewardship of limited resources is critical.

In response, a list of nine recommendations for the public and clinicians was developed to raise awareness about the need to use limited health care resources wisely.

To view the list of recommendations, please [download the PDF](#) or [visit this link](#).

## FAQs

### What is a Choosing Wisely campaign?

Choosing Wisely was first launched by the ABIM Foundation in the United States in 2012. It is now a global movement, with campaigns in over 20 countries across five continents. Choosing Wisely campaigns around the world partner with national clinician societies to develop evidence-based lists of tests or treatments that clinicians and patients should question.

### What are the Choosing Wisely COVID-19 Recommendations?

The Choosing Wisely COVID-19 Recommendations are a list of nine things that the public and clinicians should question. These are intended to help clinicians and patients use resources wisely in the COVID-19 pandemic. Recommendations 1-4 are for the public, while 5-9 are for clinicians.

### How was this list created?

A list of potential recommendations was gathered by Choosing Wisely Canada based on the current response efforts related to COVID-19. Input was provided by clinicians representing different specialties, patient advisors, and leaders from the Choosing Wisely international community. A survey with potential recommendations was sent to 293 leaders of national clinician societies and campaign partners in Canada, along with leaders from Choosing Wisely campaigns around the world. Given the urgent nature of the COVID-19 pandemic, respondents were given 4 days to respond to the survey. The survey response rate was 55% and all recommendations received agreement (4 or 5 on 5-point Likert scale) of 83%-98%. Suggestions and feedback were incorporated into the list of recommendations released on April 2, 2020.

### Why was this list created?

This list was created to raise awareness amongst clinicians, patients, and the public about the need to use limited health care resources wisely in the COVID-19 pandemic. Protecting limited health care resources has never been more critical, due to the urgent care needs and constraints related to COVID-19.

This list recognizes that both clinicians and the public play a critical role in resource use during these challenging times. With international input in the development of this list, the recommendations take into consideration a global perspective, while recognizing that countries are at different stages with respect to the COVID-19 pandemic and response.

### How often is this list updated?

COVID-19 is a new virus. The evidence on how to prevent, treat and manage COVID-19 is changing at a rapid pace. As such, this list may be updated as new evidence emerges.

# Email Template:

## Using Resources Wisely in the COVID-19 Pandemic

Dear Members,

The COVID-19 pandemic has placed enormous pressures on the capacity of health care systems and providers to continue to deliver vital services. But there are things that clinicians and the public can do to help free up limited health care resources for those who need it most.

In response to COVID-19, a set of nine recommendations for the public and clinicians was developed to raise awareness about the importance of using resources wisely. This list was developed based on current response efforts to COVID-19 taking place around the world.

The list includes four recommendations for members of the public, and five recommendations for clinicians. It was developed with input from over 160 clinicians, public advisors and medical experts from around the world.

Download the [Choosing Wisely COVID-19 Recommendations](#) to view the full list, including a rationale and references for each recommendation. We encourage you to share this list broadly.

We want to express our strongest support for all of those responding to COVID-19 who are committed to providing safe and quality care to patients.

## Key messages to the public:

- Our collective efforts play a critical role in slowing the spread of COVID-19. See the new Choosing Wisely COVID-19 list of recommendations on ways you can use health care resources wisely during this time. <https://choosingwiselycanada.org/covid-19/>
- Choosing Wisely campaigns around the world are raising awareness about the need to use vital health care resources wisely in response to COVID-19. <https://choosingwiselycanada.org/covid-19/>
- A new Choosing Wisely list aims to raise awareness about the need to use limited health care resources wisely. See nine things that the public and clinicians should question. <https://choosingwiselycanada.org/covid-19/>
- Choose wisely and help protect health care resources. See what you can do slow the spread of COVID-19 and avoid straining the health care system. <https://choosingwiselycanada.org/covid-19/>

## Key messages to clinicians:

- The COVID-19 pandemic presents an unprecedented challenge to the capacity of health care systems and providers around the world. Now, more than ever, stewardship of limited resources is critical. <https://choosingwiselycanada.org/covid-19/>
- Hospitals and care facilities around the world are being strained by COVID-19. Find out how we can use resources wisely: <https://choosingwiselycanada.org/covid-19/>
- Choosing Wisely campaigns around the world are raising awareness about the need to use limited health care resources wisely in response to COVID-19. See the new list of nine things the public and clinicians can do: <https://choosingwiselycanada.org/covid-19/>
- We can reduce the strain on health care systems during COVID-19. Now more than ever, it is important implement Choosing Wisely and resource stewardship principles in clinical practice. <https://choosingwiselycanada.org/covid-19/>