



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

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
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Choosing Wisely Canada
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CFPC / Choosing Wisely Canada Toolkit

A GUIDE TO ENHANCING SHARED DECISION MAKING

1. PREPARATION

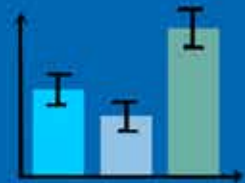
REVIEW patient files and identify the purpose of the visit



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

