

## Choosing Wisely Canada campaign

[Choosing Wisely Canada](#) is a national campaign that encourages physicians and patients to talk about unnecessary tests, treatments and procedures that collectively add to the cost of our health care system without providing any health care benefit for patients.

In fact, unnecessary treatments and procedures may raise the risk of harm to patients, either through the tests themselves or through additional procedures resulting from follow up to false positives.

Backed by the Canadian Medical Association, the campaign has engaged physician representatives from across Canada to list five things that physicians and patients should question, particularly in areas of specialist care. For each specialty area, these lists identify commonly used tests, treatments or procedures that are not supported by evidence, and could expose patients to unnecessary harm.

The first wave of the campaign, launched in April 2014, focused on seven areas, including general surgery, radiology and rheumatology. The nephrology list was developed by the Canadian Society of Nephrology and published with the second wave in late October. It highlights five things physicians and kidney patients should consider, including not starting dialysis before ensuring a shared decision-making process between the patients, their families and their nephrology health-care team.

Click [here](#) for the full list of nephrology recommendations.

A third wave of the campaign is scheduled for early 2015. For more information about Choosing Wisely Canada, visit the campaign's [website](#).

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