Choosing Wisely: Mental Health Day



November 4th, 2022

Choosing Wisely CanadaChoosing Wisely U.S.Choosing Wisely AustraliaChoosing Wisely U.K.

In 2012 Choosing Wisely was launched in the United States with the goal of advancing dialogue on avoiding wasteful or unnecessary medical tests, treatments, and procedures. Modeled after this campaign, and organized by a team of leading Canadian physicians, Choosing Wisely Canada (CWC) aims to help clinicians and patients engage in conversations about unnecessary tests and treatments, and make smart and effective choices to ensure high-quality care.

American Geriatrics Society. Ten things clinicians and patients should question. 2021.

American Psychiatric Association. Five things physicians and patients should question. 2022.

Canadian Academy of Child and Adolescent Psychiatry, et al. <u>Psychiatry: Thirteen tests and treatments to</u> <u>question.</u> 2021.

Choosing Wisely Canada. About appropriate use of sedatives for dementia patients. 2017.

Choosing Wisely Canada. Hospitals Antipsychotics and dementia: A marriage of convenience? 2017.

Choosing Wisely Canada. Treating disruptive behaviour in people with dementia. n.d.

Choosing Wisely Canada. <u>When psychosis isn't the diagnosis: A toolkit for reducing inappropriate</u> <u>antipsychotics use in long-term care.</u> 2019.

Choosing Wisely Canada. Yoga as you age: The benefits of relaxation and exercise in treating insomnia and anxiety. 2017.

Kurdyak P, Wiesenfeld L, Sockalingam S. <u>Choosing Wisely? Let's start with working wisely.</u> Can J Psychiatry. 2016; 61(1):25-28.

Royal College of Psychiatrists. Choosing Wisely - deciding on care together. n.d.

The Society for Post-Acute and Long-Term Care Medicine. <u>AMDA-Fifteen things physicians and patients</u> should question. 2022.

Srivastava R, Holmes D, Noel C, Lam T, Shewchuk J. <u>Reducing neuroimaging in first-episode psychosis by</u> <u>facilitating uptake of choosing wisely recommendations: a quality improvement initiative.</u> BMJ Open Qual. 2021.

Watt J, Thompson W, Marple R, Brown D, Liu B. <u>Managing neuropsychiatric symptoms in patients with</u> <u>dementia</u>. BMJ. 2022.

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