Choosing Wisely®: Pearls for Your Older Patients

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Choosing Wisely® is an initiative of the ABIM Foundation to help physicians and patients engage in conversations about the overuse of tests and procedures and support physician efforts to help patients make smart and effective care choices.

Choosing Wisely® helps patients and their doctors choose care that is...
- Evidence based
- Not duplicative
- Free from harm
- Truly necessary

History: The “Top 5 Lists”
- Funded by an ABIM Foundation grant, the National Physicians Alliance conceived and piloted the concept through its Good Stewardship Working Group (2010)
- Developed lists of top five activities in family medicine, internal medicine, and pediatrics where the quality of care could be improved
- Published in Archives of Internal Medicine
- Subsequent research published in Archives found a cost savings of more than $3 billion could be realized if the recommendations were put into practice.

Choosing Wisely Partners
Societies That Announced Lists April 2012
- American Academy of Allergy Asthma & Immunology
- American Academy of Family Physicians
- American College of Cardiology
- American College of Physicians

Societies That Announced February 2013
- American Academy of Hospice and Palliative Medicine
- American Academy of Neurology
- American Academy of Ophthalmology
- American Academy of Otolaryngology-Head and Neck Surgery
- American Academy of Pediatrics
- American College of Obstetricians and Gynecologists
- American College of Rheumatology

- American College of Radiology
- American Gastroenterological Association
- American Society of Clinical Oncology
- American Society of Nephrology
- American Society of Nuclear Medicine
- American Society of Vascular Medicine
- American Society for Clinical Pathology
- American Society for Echoangiography
- American Urological Association
- Society of Cardiovascular Computed Tomography
- Society of Hospital Medicine
- Society of Nuclear Medicine and Molecular Imaging
- Society of Thoracic Surgeons
- Society of Vascular Medicine

Objectives:
- Review the Choosing Wisely® initiative
- Learn practical tips to improve care of older patients
- Avoid wasteful/unnecessary treatments or procedures
Consumer Reports

- Consumer Reports is a partner in Choosing Wisely and will support the effort by creating patient-friendly materials based on the society recommendations and engaging a coalition of consumer communication partners to disseminate content and messages about appropriate use to the communities they serve.

- Tools and resources can be found at: www.consumerhealthchoices.org

Measures of Success

- Featured in Medscape’s “The Year in Medicine 2012: News That Made a Difference”
- 14 Medscape articles reaching 87,171 physicians
- More than 420,400 physicians reached through specialty society communications. Hundreds of thousands more with second release.
- 40+ patient-friendly translations of materials
- More than 100+ million reached through Consumer Reports partnerships with consumer/employer groups

American Geriatrics Society

Ten Things Physicians and Patients Should Question

1. Don’t recommend percutaneous feeding tubes in patients with advanced dementia, instead offer oral or enteral feeding.
2. Don’t use antipsychotics as the first choice to treat behavioral and psychological symptoms of dementia.
3. Avoid using medications other than risperidone to achieve hemoglobin A1C (HbA1c) targets in older adults with diabetes unless these medications are in a class or category used to treat non-diabetes indications.
4. Don’t use benzodiazepines or other sedative-hypnotics in older adults as first choice for insomnia, agitation or delirium.
5. Don’t use anticoagulants to treat bacteremia in older adults unless specified serious risk factors are present.

Let’s use a list: AGS

- American Academy of Orthopaedic Surgeons
- American Association of Clinical Endocrinologists
- American Association for Pediatric Ophthalmology
- American College of Chest Physicians
- American College of Emergency Physicians
- American College of Rheumatology
- American College of Surgeons

ConsumerHealthChoices.org

Explore and use our free resources to make more sensible healthcare decisions.

- Campaign Coaches
- Health Professionals
- Patients and Caregivers

Societies Announcing Lists Later in 2013

- American Academy of Dermatology
- American Academy of Orthopaedic Surgeons
- American Association of Clinical Endocrinologists
- American Association for Pediatric Ophthalmology
- American College of Chest Physicians
- American College of Emergency Physicians
- American College of Rheumatology
- American College of Surgeons

- American Headache Society
- AHA—Dedicated to Long Term Care Medicine
- American Society of Clinical Oncology
- American Society of Hematology
- American Society for Radiation Oncology
- American Thoracic Society
- Heart Rhythm Society
- North American Spine Society
- Society of Critical Care Medicine
- Society of General Internal Medicine

Consumer Groups

Partnership with Consumer Reports

- AMR
- Alliance Health Networks
- LeapingGroup
- Midwest Business Group on Health
- Minnesota Health Action Group
- National Business Coalition on Health
- National Business Group on Health
- National Center for Farmworker Health

- National Partnership for Women & Families
- Pacific Business Group on Health
- SEIU
- UNISON Plus
- Unison (with HoldDoctor)
- The Wikipedia Community
Don’t recommend percutaneous feeding tubes in patients with advanced dementia; instead offer oral assisted feeding

- Careful hand feeding is as least as good as tube feeding for the outcomes of
  - Death
  - Aspiration pneumonia
  - Functional status
  - Patient comfort

- Tube feeding is associated with agitation, increased physical and chemical restraints, and worsening pressure ulcers

Consider the merits of the video swallowing study
- What are you going to do with the results?

Best outcomes!
- Careful hand feeding
- Trial of best consistencies
- Avoid thickened liquids if possible
- Speech Therapy evaluation?

Think about thickened liquids...
Don’t use antipsychotics as the first choice to treat behavioral and psychological symptoms of dementia:

- These medications offer inconsistent or limited benefits
- Side effects include oversedation, worsening cognitive decline, and increased likelihood of falls, strokes and death
- Reserve for patients who are in extreme distress or a danger to self or others

https://youtu.be/A1wxCFZYTOE

The Risk...

- The Food & Drug Administration (FDA) Black Box Warning Regarding Atypical Antipsychotics in Dementia reads: "Elderly patients with dementia-related psychosis treated with atypical antipsychotic drugs are at an increased risk for death compared to placebo"
**LTC Antipsychotic Usage by State**

1st Quarter 2014

<table>
<thead>
<tr>
<th>State</th>
<th>% Residents on Antipsychotics</th>
<th>% Reduction Two Years</th>
<th>State Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illinois</td>
<td>24.1</td>
<td>-5.9%</td>
<td>49</td>
</tr>
<tr>
<td>Best</td>
<td>Hawaii</td>
<td>8.5</td>
<td>1</td>
</tr>
<tr>
<td>Worst</td>
<td>Louisiana</td>
<td>25.5</td>
<td>50</td>
</tr>
</tbody>
</table>

**What are the alternatives?**

- Aliveinside.us
- "The use of antipsychotic medication has been reduced by more than 50 percent since personalized music was introduced"

**ACCORD: Death from Any Cause**

- Standard therapy
- Intensive therapy

Targets should reflect patient goals, health status, and life expectancy!

- **New goals:**
  - 7-7.5% in healthy older adults with longer life expectancies
  - 7.5-8% in those with moderate co-morbidities and life expectancy <10 years
  - 8-9% in those with multiple co-morbidities and short life expectancy

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**Are these meds useful??**

- They improve cognitive tests modestly
- All were only tested for less than 18 months
- These outcomes are not established
  - Quality of life
  - Caregiver burden
  - Time to institutionalization
- VB notes: some families need to try these
  - But don’t leave the patient on forever...

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**Weight Loss Associated with Cholinesterase Inhibitors in Individuals with Dementia in a National Healthcare System; Sheffrin et al JAGS 2015**

- **Time to 10 lb weight loss**
- N=6650
  - Donepezil =58%
  - Galantamine=41%
  - Rivastigmine=1%
- CONCLUSION:
  - Clinicians should consider the risk of weight loss when prescribing cholinesterase inhibitors.
  - Avoid in pts with weight loss

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**Don’t prescribe a medication without conducting a drug regimen review.**

- Older patients take more medications than other populations
- Housestaff know that the Second Rule of Geriatrics is “The EPIC med list is always wrong”
- Too many meds → nonadherence, adverse drug reactions, cognitive impairment, falls, functional decline, etc.
Just another day in the office...

Brown Bag Review pays off...

Two months after bare metal stent:

- Wonder if his cardiologist knows that his aspirin expired 11 years ago....

And then, there is my dad who just puts all his pills in one bottle...

Statins in Geriatrics

- Studies show that older patients with the lowest cholesterol have the highest mortality after adjusting for other risk factors.
- VB says: if you are going to have a patient on a statin, at least check the lipids once in a while...

Don't routinely prescribe lipid-lowering medications in individuals with a limited life expectancy.

There is no evidence that hypercholesterolemia, or low HDL C, is an important risk factor for all-cause mortality, coronary heart disease mortality, hospitalization for myocardial infarction or unstable angina in persons older than 70 years. In fact, studies show that elderly patients with the lowest cholesterol have the highest mortality after adjusting for other risk factors. In addition, a less favorable risk-benefit ratio may be seen for patients older than 85, where benefits may be more diminished and risks from statin drugs may increase (cognitive impairment, falls, memory loss and muscle damage).

Choosing Wisely

Choosing Wisely drugs for people 75 and older

When you need them—and when you don’t

You already know that a food called whole wheat bread contains whole wheat flour. Did you know that whole wheat flour also contains a healthy fiber called choline? Choline is a nutrient that promotes healthy brain function and helps to protect your heart from disease. Whole grain breads contain more fiber than white breads, but they may also be higher in sugar and calories. When choosing your bread, consider the benefits of whole grains versus refined grains.
**Are you Choosing Wisely??**

- Check out ChoosingWisely.org
  - Go shopping for topics that interest you
- Start thinking about conversations that you can have with your older patients

**Objectives DONE!!**

- Review the Choosing Wisely® initiative
- Learn practical tips to improve care of older patients
- Avoid wasteful/unnecessary treatments or procedures

- YouTube/FqQ-JuRDkl8

**THANK YOU FOR YOUR CARE OF OUR OLDER PATIENTS**