Executive Summary

The U.S. health care system is the most costly in the world, accounting for 17% of the gross domestic product with estimates that percentage will grow to near 20% by 2020 (Centers for Medicare & Medicaid Services, Office of the Actuary, National Health Statistics Report). The system is riddled with pockets of effective care, and puts patients at risk for harm. The IHI Triple Aim is a framework developed by the Institute for Healthcare Improvement (IHI, 2014) that describes an approach to optimizing health care that it is believed designs must be developed to simultaneously pursue these dimensions, which are called the “Triple Aim.”

Health improvement that focuses on patient-centeredness, quality, and efficiency has been effectively moved forward solely by the medical profession. To provide for the complete needs of the population, all stakeholders must be active and informed participants. These stakeholders include the healthcare professionals providing the care, whether it is a physician, advanced practice nurse, or registered nurse. Other stakeholders include system accounts for billions of insurance carriers, health technology system business partners. The goal is for the nursing profession to partner in efforts in the Triple Aim at the right time and to the right patient that will provide an equitably-agreed-upon, patient outcome. To reach this goal, engagement with the ABIM and key nursing stakeholders is essential in the development of future nurses professionals across the United States.

The ABIM recently asked the American Academy of Nursing (AAN) to join forces in moving forward the campaign. The AAN has since convened national nursing leaders to develop evidence-based recommendations for discussion with the patients. The AAN has engaged with the Texas Team Advancing Health Through Nursing (Texas Team) to implement a pilot program in Texas.

The intent of this initiative is to conduct a statewide pilot of an innovative program entitled Choosing Wisely®, which focuses on achieving the Triple Aim through patient empowerment. An initiative of the American Academy of Internal Medicine (ABIM). Choosing Wisely® is working to spark conversations between providers and patients to ensure the right care is delivered at the right time. Participating organizations have created lists of “Things Providers and Patients Should Question” which include evidence-based recommendations that should be discussed to help make wise decisions about the most appropriate care based on a patient’s individual situation. The American Academy of Nursing (AAN) has agreed to lead national nursing engagement in the Choosing Wisely® campaign. The AAN has initiated numerous nursing specialty organizations within the specific list of “things nurses providers and patients should question”, assuring the right care is delivered at the right time. This project will specifically focus on the pilot test that is part of Choosing Wisely® in Texas, developed in collaboration with the AAN and national nursing societies focusing specifically on nursing strategies to improve patient engagement.

Projects Objectives

The collaborative approach that the National Physician Alliance addresses through the Choosing Wisely® campaign has more than 60 specialties providing lists to date. This collaboration, though, is rooted in medical professions. Choosing Wisely® for a large gap of dissemination of best practice information to the patient. Further analysis must be completed as to the effect that the nursing profession has on moving forward the Choosing Wisely® campaign, or a similar effort reaching a much larger patient population than the medical profession can do on its own.

Significance

Through a comprehensive pilot program model in collaboration with AAN, developing APRNs and RNs, other health professionals, policy stakeholders, and consumer advocacy groups in Texas.

Planning an evaluation plan to assess the effectiveness of Choosing Wisely® Campaign launch in Texas, with the intent that the Texas Model will be refined for use by other states.

Project Objectives

The objective of this project is to engage nurses in Texas in achieving a truly patient-centered focus through implementation of the Choosing Wisely® campaign. Texas will serve as the pilot state for the national initiative recently introduced by the American Academy of Nursing. The campaign facilitates meaningful, patient-centered interactions between patients, providers, and the health system's conversations that stimulate patient empowerment and engagement in health care choices. The Choosing Wisely® campaign was initiated by the ABIM Foundation in an effort to develop evidence-based recommendations that support patient and provider engagement, accountability, and appropriate decision making throughout health care consumerism.

Scope of Problem

The initiative is a state-wide pilot of an innovative program entitled Choosing Wisely®, which focuses on achieving the Triple Aim through patient empowerment. An initiative of the American Academy of Internal Medicine (ABIM). Choosing Wisely® is working to spark conversations between providers and patients to ensure the right care is delivered at the right time. Participating organizations have created lists of “Things Providers and Patients Should Question” which include evidence-based recommendations that should be discussed to help make wise decisions about the most appropriate care based on a patient’s individual situation. The American Academy of Nursing (AAN) has agreed to lead national nursing engagement in the Choosing Wisely® campaign. The AAN has initiated numerous nursing specialty organizations within the specific list of “things nurses providers and patients should question”, assuring the right care is delivered at the right time. This project will specifically focus on the pilot test that is part of Choosing Wisely® in Texas, developed in collaboration with the AAN and national nursing societies focusing specifically on nursing strategies to improve patient engagement.

Roadmap for launching Texas Campaign

1. Plan of Action
2. APRNs
3. RNs

APRNs

1. Survey Texas APRNs for knowledge and attitudes toward unnecessary tests and procedures in the health care system, views on patient care, and their perspective as to potential solutions.
2. Develop educational tool kit for the Choosing Wisely® Campaign based upon the AAN recommendations.
3. Develop electronic media application for continuing and supplemental education.
4. Disseminate educational tool to APRNs in the State of Texas.

RNs

1. Develop survey tool to gauge registered nurses knowledge and attitudes on unnecessary tests and procedures in the health care system, views on patient care, and their perspective as to potential solutions.
2. Develop educational tool kit on the Choosing Wisely® Campaign based upon the AAN recommendations.
3. Develop electronic media application for continuing and supplemental education.
4. Disseminate educational tool to RNs in the State of Texas.

Overall Goals

1. Develop a comprehensive pilot program model in collaboration with AAN, developing APRNs and RNs, other health professionals, policy stakeholders, and consumer advocacy groups in Texas.
2. Evaluate an evaluation plan to assess the effectiveness of Choosing Wisely® Campaign launch in Texas, with the intent that the Texas Model will be refined for use by other states.

EVALUATION PLAN

1. Advance practice registered nurses
2. Registered nurses
3. Other health professionals
4. Consumer advocacy groups

EVALUATION PLAN

1. Assess the effectiveness of launch of Choosing Wisely® Campaign
2. Education of APRNs
3. Education of RNs
4. Engagement of health professionals
5. Engagement of policy stakeholders
6. Engagement of consumer advocacy groups

Conclusion

Choosing Wisely® is an innovative, evidence-based program that empowers patients to make informed decisions about their health care, while also improving the quality of care provided. By engaging nurses and other health professionals, the campaign aims to reduce unnecessary tests and procedures, streamline care pathways, and improve patient outcomes. This initiative aligns with the Triple Aim framework, focusing on improved health, enhanced patient experience, and decreased costs. As a result, Choosing Wisely® has the potential to transform health care delivery, leading to a more accountable, patient-centered system. Future research is needed to evaluate the long-term impact of this program, ensuring sustained improvement in health care quality and patient satisfaction.