

## As Part Of Choosing Wisely® Campaign American Urological Association Identifies Third List Of Commonly Used Tests And Treatments To Question

Initiative encourages shared decision-making between urologists and patients

BOSTON, May 13, 2017 /PRNewswire-USNewswire/ -- The American Urological Association (AUA) today released a new list of recommendations regarding specific tests or treatments that are commonly ordered but not always necessary in urology, or urologic management that could be improved, as part of the Choosing Wisely® campaign, an initiative of the ABIM Foundation. The list, the third released by the AUA, identifies five targeted, evidence-based recommendations that can support conversations between patients and physicians about what care is really necessary. The AUA list was introduced today during the 112<sup>th</sup> Annual Meeting of the AUA, currently taking place in Boston.

The AUA's 2017 list identified the following five recommendations:

- DON'T treat low-risk clinically localized prostate cancer (e.g., Gleason score is less than 7, PSA less than 10.0 ng/mL, and tumor stage T2 or less) without discussing active surveillance as part of the shared decision-making process.
- DON'T treat uncomplicated cystitis in women with fluoroquinolones if other oral antibiotic treatment options exist.
- DON'T continue opioid analgesia beyond the immediate postoperative period; prescribe the lowest effective dose and number of doses required to address the expected pain.
- DON'T obtain urine cytology or urine markers as a part of the routine evaluation of the asymptomatic patient with microhematuria.
- DON'T routinely use computed tomography (CT) to screen pediatric patients with suspected nephrolithiasis.

"Choosing Wisely is a powerful campaign that is sparking conversations between doctors and their patients all across the globe and encouraging shared decision-making," said AUA Science & Quality Chair Dr. J. Stuart Wolf Jr., MD. "We are pleased to offer this third list to our members and the rest of the healthcare community."

Since the release of the AUA's previous lists, numerous potential topics arose prompting the AUA's continued involvement. As with the previous lists, AUA members were asked to take an active role in the development of this list by first submitting suggestions for recommendations and later by voting for their top suggestions from a list compiled by the *Choosing Wisely*® Workgroup. Member response again was overwhelming, indicating the growing interest of urologists in *Choosing Wisely*® and the care provided to patients. This was also reflected in the numerous candidates who applied or whose applications were submitted for the inaugural AUA *Choosing Wisely*® Champion program in 2016.

To learn more about Choosing Wisely and to view the complete lists and additional detail about the recommendations and supporting evidence, visit [www.ChoosingWisely.org](http://www.ChoosingWisely.org).

**About the American Urological Association:** *Founded in 1902 and headquartered near Baltimore, Maryland, the American Urological Association is a leading advocate for the specialty of urology, and has more than 21,000 members throughout the world. The AUA is a premier urologic association, providing invaluable support to the urologic community as it pursues its mission of fostering the highest standards of urologic care through education, research and the formulation of health policy.*

**About the ABIM Foundation:** *The mission of the ABIM Foundation is to advance medical professionalism to improve the health care system. We achieve this by collaborating with physicians and physician leaders, medical trainees, health care delivery systems, payers, policy makers, consumer organizations and patients to foster a shared understanding of professionalism and how they can adopt the tenets of professionalism in practice. To learn more about the ABIM Foundation, visit [www.abimfoundation.org](http://www.abimfoundation.org), read our blog [blog.abimfoundation.org](http://blog.abimfoundation.org), connect with us on Facebook or follow us on Twitter.*

**About Choosing Wisely:** *First announced in December 2011, Choosing Wisely is part of a multi-year effort led by the ABIM Foundation to support and engage physicians in being better stewards of finite health care resources. Participating specialty societies are working with the ABIM Foundation and Consumer Reports to share the lists widely with their members and convene discussions about the physician's role in helping patients make wise choices. Learn more at [www.ChoosingWisely.org](http://www.ChoosingWisely.org).*

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