

## 2019 Choosing Wisely Champions

The *Choosing Wisely* Champions program

- **Recognizes** individual clinicians for their contributions to the campaign;
- **Inspires** other clinicians seeking to implement *Choosing Wisely* in their own practice;
- **Provides** society partners an opportunity to celebrate members' contributions to the campaign;
- **Demonstrates** how the campaign is driving change in health care; and
- **Helps** clinicians learn from one another by highlighting exemplars.

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### Gary W. Procop, MD, MS, MASCP\*

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#### Cleveland Clinic

A practicing pathologist, Dr. Procop is nationally recognized in the area of test utilization and was one of the initiators of the *Choosing Wisely* campaign. He is the founder and current co-chair of the Laboratory Stewardship Committee of the Cleveland Clinic healthcare system and pioneered test utilization analysis by introducing effective methods to control unnecessary testing. The electronic measures to apply algorithms which he and his team developed are widely used in Cleveland Clinic hospital system. The importance of these changes is illustrated by the implementation of a system to continuously analyze the ordering of tests and their effectiveness. In collaboration with other pathologists and specialists in internal medicine, Dr. Procop initiated evidence-based analysis of utilization patterns and contributed to the identification of circumstances in which tests are ordered in an inappropriate manner.



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### Inova Laboratory Test Utilization Best Practice Team

**Team Leader:** Myong Ho (Lucy) Nam, MD, FASCP\*

**Team Members:** Anh Dang, Marina Douglas, Sonali Pakala, Bala Subramanian, Hassan Nayer, Arlane Nelson, Karen McHale, Valley Health, Michelle Mason, Maiordys Moreira, Lorraine Stoudt, Susan Alfaro, Ann McClellan, Becky Shade, Martha Andrews

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#### Inova Health System

Inova Health System Laboratories has successfully implemented several single test utilization control measures. Its staff worked with their IT department to create simple, rule-based order options during the past five years. They achieved this through changes that include changing the CBC automated differential (CBC A Diff) to CBC Diff to place CBCDiff in front of CBCMDiff to reduce manual differential testing, changing the default screen for QAM lab (x3) to QAM lab (x1), changing the BNP order guideline to a one time on admission and optional one time discharge order, and removing the CK-MB reflex order. With these simple changes, many unnecessary tests were reduced. From there, Inova Health System Laboratories and their IT staff took on an ambitious project to create "Interval Test Allowance Rules" with the help of the System Quality Department and several physicians. The purpose was to control duplicate testing and unnecessary repeat testing based on clinically accepted Interval Rules created by the Laboratory Test Utilization Best Practice Team.



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## Red Blood Cell Utilization Project Team, UCLA Health

**Team Leader:** Alyssa Ziman, MD\*

**Team Members:** Kevin Baldwin, Ashley Busuttill, Robin Clarke, Meg Furukawa, Andrew Hackbarth, Jeffrey Mayne, Dawn Ward

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### UCLA Health

UCLA Health improved red blood cell utilization, following the *Choosing Wisely* recommendation of the AABB aimed at not transfusing “more units of blood than absolutely necessary.” Through a multidisciplinary effort with hospitalists, transfusion medicine, nursing and IT, UCLA Health utilized IT-enabled strategies to increase the number of guideline-indicated red blood cell transfusions and decrease the number of routine two-unit transfusions. A dynamic order set with embedded real-time clinical decision support, based on the patient’s most recent hemoglobin concentration, was created to guide providers to order appropriately. It increased guideline-indicated red blood cell transfusions from 27 percent to nearly 68 percent (average of 55 percent over the past year) and decreased the number of routine two-unit transfusions without intervening hemoglobin assessment from 43 percent to approximately 27 percent (average of 23 percent over the past year).

Throughout this project, pathologists and hospitalists have been educating attending physicians, house staff, and nurses about the *Choosing Wisely* campaign as it relates to blood transfusion. These educational efforts not only increased awareness of the importance of transfusing wisely but also increased the appropriateness of transfusions prior to IT intervention. The efforts have resulted in a sustained and continued improvement in overall red blood cell ordering practices since implementation.



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## Charlene Bierl, MD, PhD, FASCP

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### Children’s Hospital of Philadelphia

Dr. Bierl is the Medical Director of Central Laboratory and Phlebotomy Services at the Children’s Hospital of Philadelphia. She previously served as the Director of the Clinical Laboratories at Cooper University Hospital, where she was a leader of multidisciplinary efforts reflective of the *Choosing Wisely* mission. Over the last nine years, her team made significant efforts to optimize utilization, following many of the *Choosing Wisely* recommendations. The team developed high level metrics to monitor the financial impact of utilization efforts, as well as feedback reports for ordering clinicians. Dr. Bierl engaged physician and non-physician partners throughout the health system, leading to successful implementation efforts that resulted in ordering patterns more reflective of *Choosing Wisely*. Two of her published studies on effective test utilization examine the impact of weekly feedback on test ordering patterns and cost per case mix index-adjusted hospital day as a measure of effective laboratory utilization efforts in a growing academic medical center. She has recently moved to the Children’s Hospital of Philadelphia, where she plans to continue her efforts on this important initiative. She is also serving as the Associate Professor of Pathology and Laboratory Medicine at the Perelman School of Medicine, University of Pennsylvania.



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**Stephen Sibbitt, MD, MBA, FACP**

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**BSW Memorial Hospital, Temple Region**

**Baylor Scott & White Health**



Dr. Sibbitt has more than 20 years of experience in health care, holding administrative responsibilities in an academic health system with concurrent roles at affiliate hospitals, including a large Top 100 hospital and Level I Trauma center. He has served in significant leadership roles for numerous professional organizations and the Texas A&M Health Science Center, College of Medicine. In partnership with the Regional President, Dr. Sibbitt is leading the initiative to achieve “Medicare Break Even” within the flagship hospital (Baylor Scott & White Medical Center - Temple). He is guiding his multidisciplinary team to reduce unnecessary expenses related to reduction in length of hospital stay, unnecessary lab and radiology utilization, inappropriate utilization of high cost medications, and cost-inefficient variation in provider practice. He has steadfastly supported the laboratory’s use of the guidelines, educated his peers, and led monthly monitoring and communications of data and results.

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**Rana Nabulsi, PhD, FACHE, MSc, CPHQ, SSGB**

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**Dubai Health Authority**



Dr. Nabulsi serves as a consultant in the Head of Quality Assurance Unit in the Pathology and Genetics Department at Dubai Health Authority. She is a Fellow at the American College of Healthcare Executives and the Chair of the ASCP Board of Certification United Arab Emirates Advisory Board. Dr. Nabulsi completed her PhD in quality management and obtained her Master’s degree in molecular genetics from the Faculty of Medicine at Jordan University. She is a Certified Professional in Healthcare Quality and is certified as a Six Sigma Green Belt by the American Society of Quality. Dr. Nabulsi has promoted the *Choosing Wisely* guidelines in her training, meetings, and utilization committee, and has done speaker sessions for the same. She has implemented *Choosing Wisely* guidelines in her organization and conducted operational activities such as moving from ESR to CRP and limiting Vitamin D testing to only high-risk categories.

\*The individuals who have an asterisk by their name were selected to present their work at the ASCP 2019 Annual Meeting in Phoenix, Arizona, from September 11-13. They were the top three chosen by the ASCP Effective Test Utilization Steering Committee, based on their *Choosing Wisely* activities.