Optimizing the Use of Endoscopy for Young, Otherwise Healthy Patients with Dyspepsia

Dyspepsia...
- occurs in 20% of adults

Symptoms include:
- belly pain
- bloating
- nausea
- heartburn
- loss of appetite

Choosing Wisely Canada advises against the use of esophagogastroduodenoscopy (EGD) in dyspeptic patients less than 55 years without alarm symptoms as clinically significant findings are rare.¹

Project Goals
- Encourage self-reflection on individual physician practice to optimize EGD usage.
- Align practice with the current standards.
- Provide individual and peer comparator data reports on low yield EGDs.
- Facilitate group discussion on barriers and facilitators to changing practice.

Analysis and Outcomes
- Of 1358 EGDs performed to investigate dyspepsia in patients less than 55 years of age:
  - 514 (38%) were found to be low yield (the patient had no red flags)
  - Data analysis identified significant practice variation (IQR 20% - 50%)
  - 10 of those 514 patients (1.9%) had significant findings, none of which were malignancies

GI physician champions shared their data to stimulate discussion and coached peers towards practice change. Participants shared that patient expectations and fears of serious conditions being missed influenced their decision to use an EGD.


Of the evaluations we received:
- 88% agreed the report helped reflect on their practice
- 100% agreed the information was helpful; the peer comparator was useful

— 19.5 patients