

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



Brenna Murray¹, Jennifer Halasz², Kelly Burak^{1,2}, Shawn Dowling^{1,2}, Tarun Misra², Jennifer Williams², Mark Swain², Gilaad Kaplan², Linda Slocombe³, Kerri Novak²

¹University of Calgary, Physician Learning Program; ²Calgary Division of Gastroenterology and Hepatology; ³Primary Care Networks

Dyspepsia...



occurs in 20% of adults

Symptoms include:

- belly pain
- bloating
- nausea
- heartburn
- loss of appetite

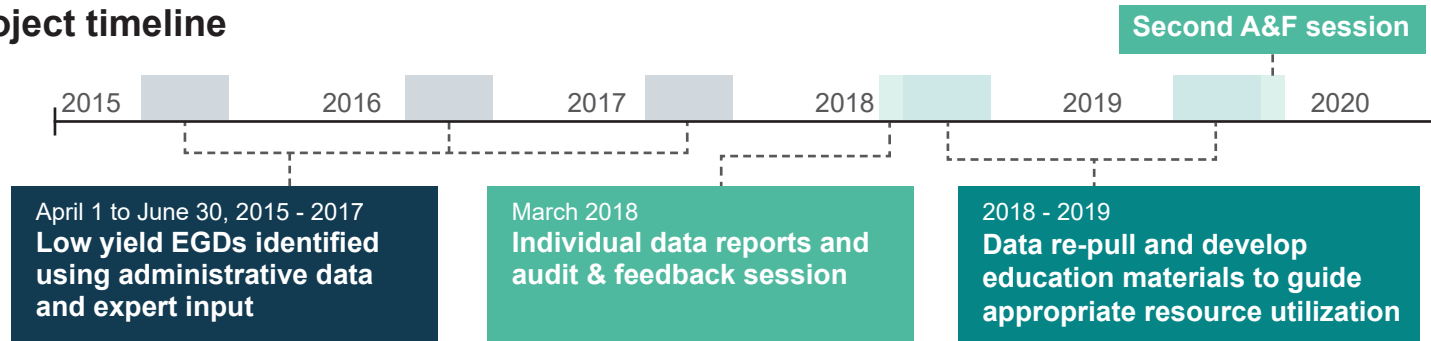
Choosing Wisely Canada advises against the use of esophagogastroduodenoscopy (EGD) in dyspeptic patients less than 55 years without alarm symptoms as clinically significant findings are rare.¹

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.

1 - Choosing Wisely Canada. Canadian Association of Gastroenterology. Five Things Physicians and Patients Should Question 2017. <https://choosingwiselycanada.org/gastroenterology/>. Accessed March 29, 2019

Project timeline



Analysis and Outcomes

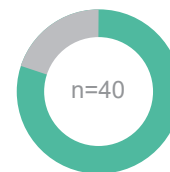


Of 1358 EGDs performed to investigate dyspepsia in patients less than 55 years of age..

514 (38%) were found to be low yield (the patient had no red flags)

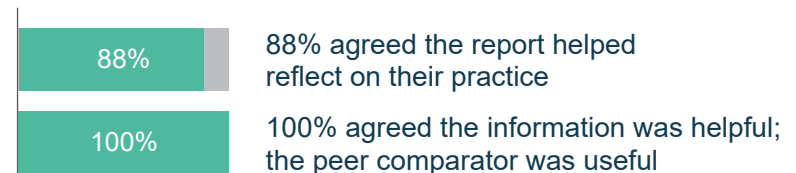
Data analysis identified significant practice variation (IQR 20% - 50%)

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.



80% of GI physicians consented to receive a report

Of the evaluations we received:



🐦 = 19.5 patients