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

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# Dyspepsia...



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.<sup>1</sup>

## **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 faciltiators 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** Second A&F session 2016 2017 2018 2019 2020 2015 March 2018 2018 - 2019 April 1 to June 30, 2015 - 2017 Low yield EGDs identified Individual data reports and Data re-pull and develop using administrative data audit & feedback session education materials to guide and expert input appropriate resource utilization Co-designing the program with GI physicians and champions strengthened the criteria for low **Analysis and Outcomes** yield EGDs and aligned the report content with GI physician champions shared 2222 **Of 1358 EGDs** physician needs. their data to stimulate discussion performed to \*\*\* Including family physicians and and coached peers towards investigate patients perspectives would be practice change. Participants dyspepsia in valuable to the group discussion. shared that patient expectations patients less than and fears of serious conditions 55 years of age... Data will be re-pulled from a being missed influenced their 3-month period in 2018 and decision to use an EGD. 2019. We are also developing 514 (38%) were education materials for 80% of GI found to be low vield physicians and patients to guide physicians (the patient had appropriate resource utilization. consented n=40 no red flags) A second audit & feedback to receive Data analysis identified session is planned for Fall 2019. a report significant practice variation (IQR 20% - 50%) Of the evaluations we received: 10 of those 514 patients (1.9%) had 88% agreed the report helped 88% signficant findings. reflect on their practice none of which were 100% agreed the information was helpful; malignancies 100% the peer comparator was useful = 19.5 patients

Physician Learning

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