

Supplemental Digital Appendix 1

English-Language Version of Student Questionnaire Used in the National Medical Student Consultation on Candidate Recommendations

Choosing Wisely Canada CFMS Recommendations

Background:

One thing you may not learn in medical school is that up to 30% of tests and treatments that physicians order are unnecessary. Unnecessary tests, treatments, and procedures are not only clinically useless, but they also potentially expose patients to harm.

Choosing Wisely Canada is a campaign to help patients and physicians engage in conversations about unnecessary tests, treatments and procedures. Choosing Wisely Canada has partnered with forty-nine specialty societies to develop lists of [“Five Things Physicians and Physicians Should Question”](#) to reduce inappropriate use of healthcare resources. We, as the future physicians of Canada, have an important voice in this movement to reduce unnecessary care. Choosing Wisely Canada has broad national support from practicing physicians - and now it's YOUR turn!

Choosing Wisely Canada has partnered with the Canadian Federation of Medical Students (CFMS) to create our very own list of recommendations for medical students. We hope that this list will highlight the challenges that medical students face in training when trying to learn how to use healthcare resources appropriately. A task force has developed a preliminary list of 10 candidate recommendations. **WE WANT YOUR INPUT** to create a final list of “Five Things Medical Students Should Question”.

By filling out this short 5-minute survey, you can be a part of this movement to reduce unnecessary care. Upon completion of this survey, you will have the opportunity to enter a draw to win an **APPLE WATCH** or one of ten **TIM HORTONS** Gift Cards!

Contact us:

Website: EN: www.choosingwiselycanada.org FR: <http://www.choisiravecsoin.org>

Email: info@choosingwiselycanada.org

Phone Number: 1-416-864-6060 x 77548

Facebook: <https://www.facebook.com/ChoosingWiselyCanada>

Twitter: [@ChooseWiselyCA](#) [@ChoisirAvecSoin](#)

Please check the box to begin.

By clicking "I Agree", you confirm that the information obtained from the survey will be used for purposes of list development by Choosing Wisely Canada and CFMS. This survey is completely anonymous. There will be a separate link to submit your email if you would like to be eligible for the prizes. This survey is completely voluntary and you can withdraw at any time. To withdraw data, please email CWCCFMSSurvey@gmail.com.

Demographics:

1. What is your gender?
Male
Female
Other (please specify):
I prefer not to disclose
2. Which Medical School are you currently attending?
Dalhousie University
McGill University
McMaster University
Memorial University of Newfoundland
Northern Ontario School of Medicine
Queen's University
Université Laval
Université de Montréal
Université de Sherbrooke
University of Alberta
University of British Columbia
University of Calgary
University of Manitoba
University of Ottawa
University of Saskatchewan
University of Toronto
Western University
I prefer not to disclose
3. What year of Medical School will you be starting in September 2015?
2
3
4
Other (please specify):
I prefer not to disclose
4. Have you ever heard of Choosing Wisely Canada before this survey?
Yes
No

Criteria for List Evaluation:

The goal of this list is to highlight important issues that arise in medical school training that may affect how medical students behave with respect to resource stewardship. The recommendations should suggest **behavioral changes** rather than specific tests and procedures to avoid. With this in mind, please evaluate the recommendation statements based on the following criteria:

1. **Frequency** – the recommendation refers to a common problem encountered in medical school training.
2. **Relevance** – the recommendation refers to an issue that medical students can relate to and is appropriate for their level of training.
3. **Impact** – the recommendation refers to an issue that can impact the future behaviors of medical students and has the potential to improve quality of care.
4. **Feasibility** – the recommendation refers to an issue that medical students have the power to address during their training.

CFMS Choosing Wisely Canada Proposed List for CFMS General Membership:

Definitely Consider

Maybe Consider

Definitely Do Not Consider

1. Do not hesitate to ask for clarification on tests, treatments, or procedures you believe may be ordered inappropriately.
2. Do not suggest ordering tests or treatments without first discussing with a senior supervisor when you are uncertain (eg. Consult with radiologist before ordering imaging).
3. Do not remain silent if you are unsure of the clinical indication and appropriateness for a test, treatment or procedure.
4. Do not suggest conducting treatments or procedures for the sole purpose of building upon personal clinical experience. (eg. Learning to do a blood gas so doing one)
5. Do not miss the opportunity to initiate conversations with patients about whether a test, treatment or procedure is necessary.
6. Do not suggest ordering the most invasive test before considering less invasive options also available (ie. physical exam or U/S rather than CT for suspected appendicitis).
7. Do not forget to review clinical best practices, including Choosing Wisely Canada recommendations, for your clinical rotations.
8. Do not suggest a test, treatment, or procedure that will not change the patient's clinical course (ie: ordering tests without first considering pre-test probability).
9. Do not suggest ordering tests or treatments pre-emptively for the sole purpose of anticipating what your supervisor would want.
10. Do not discuss findings and implications of a test, treatment or procedure with a patient without consulting your clinical supervisor about its significance (eg. A chest nodule seen on x-ray which could be benign).

Comments (optional):

Please suggest any additional recommendations (optional):

CWC/CFMS Prize Survey

Thank you for participating in our survey! You are now eligible to win an **APPLE WATCH** (x1) or a \$10 **TIM HORTONS** Gift Card (x10)! Please fill out your name and email below to enter yourself into the draw. Thanks again for your contribution to our list development.

Name:

Email: