London Choosing Wisely:
Improving health outcomes for all Londoners

Programme update: April 2018

Background

London Choosing Wisely is a clinically-led programme with the aim of developing agreement for a set of policies for eight treatments across London, to make sure they are used consistently across London and their use follows criteria that improves the health of patients.

The eight treatments are surgical removal of benign skin lesions; hip arthroplasty; knee arthroplasty; knee arthroscopy; interventional treatments for back pain; varicose vein procedures; shoulder decompression and cataract surgery.

Full details about the programme, including a list of Frequently Asked Questions, are available via the dedicated London Choosing Wisely web page: www.healthylondon.org/london-choosing-wisely/. Further information will be available on the webpage as the programme develops.

Task and Finish Group meetings

Six Task and Finish Groups will lead the programme’s review process for each policy (with hip and knee procedures combined). Meetings of the Task and Finish Groups will take place as follows:

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Meeting One</th>
<th>Meeting Two</th>
<th>Meeting Three</th>
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</thead>
<tbody>
<tr>
<td>Benign skin lesions</td>
<td>Tuesday 24 April</td>
<td>Provisional – if required: Tuesday 1 May</td>
<td></td>
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<tr>
<td>Intervention back pain</td>
<td>Wednesday 25 April</td>
<td>Provisional – if required: Wednesday 16 May</td>
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<tr>
<td>Shoulder decompression</td>
<td>Tuesday 1 May</td>
<td>Tuesday 22 May</td>
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<td>Varicose veins</td>
<td>Thursday 3 May</td>
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<tr>
<td>Hip/Knee arthroplasty; Knee arthroscopy</td>
<td>Wednesday 9 May</td>
<td>Wednesday 16 May</td>
<td>Provisional – if required: Wednesday 23 May</td>
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<tr>
<td>Cataract surgery</td>
<td>Tuesday 15 May</td>
<td>Tuesday 29 May</td>
<td>Tuesday 19 June</td>
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</table>
Task and Finish Group membership

Each group is chaired by a primary care clinician, who also sits on the London Choosing Wisely Steering Group. All groups involve primary and secondary care clinicians and patient representatives from across the London region and also include representatives from at least three of London’s Sustainability and Transformation Partnership (STP) areas. You can view the membership of each group via the dedicated London Choosing Wisely web page: https://www.healthylondon.org/london-choosing-wisely/.

Evidence review

The London Choosing Wisely programme is working with public health experts who are conducting an extensive evidence review against agreed search terms, key questions and inclusion/exclusion criteria for each treatment. The entire process will involve a rigorous and detailed review of each treatment and will include assessment using the latest and most robust research available.

Such a robust evidence review will inform the Task and Finish Groups in developing consistent London-wide treatment policies that are clinically appropriate and improve patient outcomes.

As part of the evidence review, public health experts will examine:

- The definition of the treatment or intervention (including a review of relevant coding)
- The expected cohort(s) of patients
- The intent of the treatment or intervention to improve function, reduce pain, improve cosmesis (cosmetic improvements), and/or reduce risk of later complication
- The evidence of unwarranted variation (if applicable)
- The existing position regarding guidance, including Clinical Commissioning Groups (CCG) in London and elsewhere with existing relevant guidance, and a range of guidance

They will do this by reviewing the following (the search strategy):

- The relevant detail on approaches in use elsewhere, for example looking at London CCGs’ policies (where applicable) and identifying the key sources used in such policies
- Relevant national guidance or guidelines with comments on source, strength of production method and any obvious issues regarding bias
- Clinical evidence published in peer-reviewed literature with comments on source, strength of study method and any obvious issues regarding bias
- Grey literature where this is relevant, i.e. research produced by organisations outside of the traditional commercial or academic publishing and distribution channels, where appropriate

This review will be collated into an evidence pack for each Task and Finish Group to support them in developing a policy for London, based on robust evidence. This will allow the development of pan London policies to be clear, specific and explicit – focussing on the extent to which the intervention delivers tangible and lasting benefits for patients.
What this means for patients

Undertaking such an extensive evidence review for each treatment will reduce variation of care by providing doctors with the latest clinical review on what should be offered to patients and better enable shared decision making with patients.

Subsequently, implementing consistent London-wide treatment policies - that are clinically appropriate and based on the latest, robust evidence that they improve patient outcomes - will ensure that people with an equal need will have equal access to treatments.

Contacting the London Choosing Wisely programme team

Healthy London Partnership, through its commitment to continually improving health outcomes for all Londoners, is facilitating the programme management and communications work of the programme. For further information please contact the London Choosing Wisely programme team on: hlp.londonchoosingwisely@nhs.net.