

CHOOSING WISELY – CGNA list to be developed: Anyone interested in helping develop a list of **Gerontological Nursing Choosing Wisely** statements? We are looking for 6 CGNA members from across Canada to work with C.N.A. to develop 5 key statements that would be the top “do not” recommendations to nurses who provide care to older adults. The work will take about 6 months, and will involve monthly meetings (by phone) and a commitment to do 3-4 hours of work each month between the meetings. If you are interested in helping with this work, just reply to this facebook post or email Mollie Cole, president-elect, by Feb 24 at [mollie.e.c62@gmail.com](mailto:mollie.e.c62@gmail.com)

Below are some examples of these statements pulled from other Choosing Wisely lists: **Would we endorse any of these statements? Are there new topics that should be included in our Gerontological Nursing list? Add your thoughts to this post!**

From **C.N.A. Nursing** (released in January 2017): <https://www.cna-aicc.ca/~media/cna/page-content/pdf-en/nine-things-nurses-and-patients-should-question.pdf?la=en> Statements include avoiding: indwelling catheter use; incontinence products; feeding tubes for older adults with advanced dementia; antipsychotic medications for responsive behaviours; antimicrobials for UTI unless signs and symptoms are present.

From the **American Academy of Nursing** (<https://www.cna-aicc.ca/~media/cna/page-content/pdf-en/nine-things-nurses-and-patients-should-question.pdf?la=en>) Statements include avoiding: prolonged bedrest (encourage mobility); physical restraints; waking patients at night; indwelling catheters; sedatives, antipsychotics or hypnotics in delirium; assuming ‘all’ confusion is from dementia (consider delirium as a treatable source of confusion).

From **Choosing Wisely Canada - Geriatrics** (<http://www.choosingwiselycanada.org/recommendations/geriatrics/>) Statements include avoiding: antimicrobials to treat bacteriuria (unless UTI symptoms are present); benzos and sedative-hypnotics; feeding tubes in advanced dementia; antipsychotics; strict control of blood glucose.

From **Choosing Wisely Canada – LTC** (<http://www.choosingwiselycanada.org/recommendations/long-term-care/>) Statements include avoiding: hospitalization (unless care cannot be provided in the care home); antipsychotics; testing urine unless UTI sign/symptoms present; feeding tubes in advanced dementia; long-term medications (without clear benefit); routine testing (unless clear opportunity for improved quality of life).