



3 Quick Takeaways

1. ACA's Choosing Wisely[®] recommendations are designed to spark thoughtful conversations between patients and their doctors about the best, most appropriate care.
2. The recommendations are not intended to prohibit any particular treatment in all scenarios or to dictate care decisions. They are also not intended to establish coverage decisions or exclusions. Rather, they should be seen as opportunities to educate the consumer about health care procedures that are common...but whose usefulness in some cases is not supported by the evidence.
3. ACA and the Choosing Wisely[®] campaign believe that decisions about care should be made based on the best available evidence, the clinical judgment of the doctor, and the preferences and goals of the patient. This is how evidenced-based care works best.

Frequently Asked Questions

Why did ACA do this?

The Choosing Wisely[®] campaign is aligned with ACA's values, specifically in regard to putting the welfare of patients first. In addition, the program encourages an evidence-based approach to patient care and shared decision-making between doctors and patients. These are practices that ACA supports.

How can ACA dictate what chiropractors should not do? I know my patients best.

The recommendations are not intended to prohibit any particular treatment in all scenarios or to dictate care decisions. They are simply designed to help start conversations between patients and their doctors regarding what care is most needed and appropriate.

Will insurance companies use the ACA list to limit care?

The Choosing Wisely[®] program states explicitly on its website that its lists are not intended to establish coverage decisions or exclusions. The recommendations are not intended to prohibit any particular

treatment in all scenarios or to dictate care decisions. They are simply designed to help start conversations between patients and their doctors regarding what care is most needed and appropriate.

How did ACA decide on this final list? Who was consulted?

ACA utilized the expertise of the members on its Committee on Quality Assurance and Accountability, chaired by ACA's Senior Scientific Advisor Dr. Christine Goertz. The group conducted an extensive literature search to identify recommendations that were supported by clinical research and would result in high-value, cost-effective services and improved patient outcomes. After reviewing the committee's recommendations, the ACA Board of Governors made the final decision regarding what would appear on the list.

Why has ACA joined forces with the medical establishment?

ACA is committed to moving the chiropractic profession forward, and collaborating with groups like the ABIM Foundation and *Consumer Reports* will help increase not only our visibility but also our credibility. The vast majority of those in charge of creating and implementing current health care delivery models in the U.S. either 1) have legitimate reservations regarding the quality and consistency of chiropractic care 2) do not know how to include doctors of chiropractic within an integrated health care system or 3) never even think to include chiropractic.

This campaign helps to show people that we care about and are committed to quality patient care and reducing waste.

Why is this effort important to patients and the health care system?

According to the Institute of Medicine, up to 30 percent of health care spending is duplicative or unnecessary. More money is spent per capita on health care in the U.S. than in any other developed country. When health care resources are wasted, it threatens our nation's ability to deliver the highest quality of care possible to all patients. The chiropractic profession has an unprecedented opportunity to contribute to this important discussion.

Why is being in Choosing Wisely® important to the chiropractic profession?

ACA lobbied for many years to become a part of the Choosing Wisely® campaign. Our inclusion is significant for the entire chiropractic profession because it will further strengthen our credibility and collaboration with other health care providers with respect to the treatment of spine-related conditions. But more importantly, it will ensure that our patients are receiving the best possible care.
