

子貢問、師與商也孰賢乎、子曰、師也過、商也不及、曰、然則師愈與、子曰、過猶不及也  
(孔子「論語 先進第十二」)

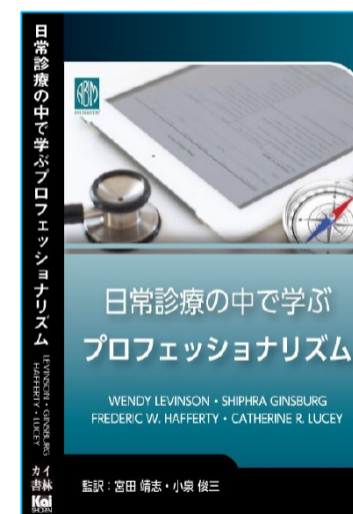
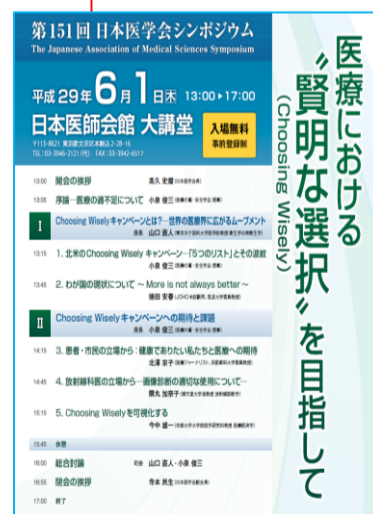
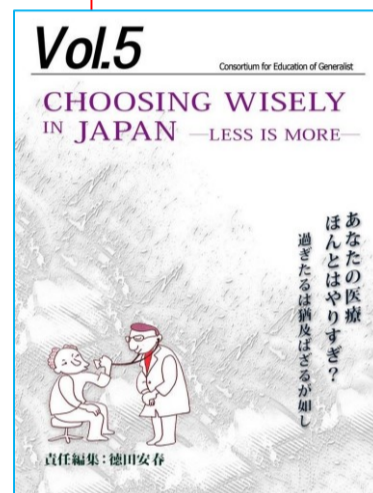


**Title: Overuse of Healthcare and Medical Professionalism**  
**The Development and Implementation of CHOOSING WISELY Campaign in Japan**  
**- The Brief History of CHOOSING WISELY JAPAN -**

Shunzo KOIZUMI, MD, Yasuharu TOKUDA, MD, Kyoko KITAZAWA, Yuki KAJI, MD, Mano SOSHI, MD

**Chronology of Choosing Wisely Campaign in Japan:**

- 2013 Symposium on Choosing Wisely (Nagoya)
- 2014 [Less is More](Ed. Y. TOKUDA) published
- 2014 Int'l Forum on Q&S in Healthcare (Tokyo)  
WS: Overdiagnosis/Choosing Wisely (W. Levinson)
- 2014 1<sup>st</sup> Int'l Round-table in Amsterdam (Koizumi)
- 2015 [High Value Care](Ed. Y. TOKUDA) published
- 2015 2<sup>nd</sup> Int'l Round-table in London (Tokuda)
- 2016 CHOOSING WISELY JAPAN (CWJ), launched  
Kick-off Seminar at JC-Japan: Keynote: W. Levinson
- 2016 3<sup>rd</sup> Int'l Round-table in Rome (Koizumi & Matsumoto)
- 2017 Japan Council of Medical Sciences) Symposium  
Theme: "Choosing Wisely in Healthcare"
- 2017 4<sup>th</sup> Int'l Round-table in Amsterdam (Koizumi & Kaji)
- 2018 5<sup>th</sup> Int'l Round-table in Zurich (Koizumi & Soshi)
- 2019 WONCA-Asia Pacific Regional Conference (Kyoto)  
Plenary: Right Care: ( Iona Heath)
- 2019 Round-table for Choosing Wisely in East Asia (Kyoto)\*  
Delegates: Taiwan (Dr. Hsu), Korea (Dr. Ahn & Dr. Jung)
- 2019 Asian Forum on Q&S in Healthcare (Taipei)  
Session: Reducing over-testing and increasing value
- 2019 6<sup>th</sup> Int'l Round-table in Berlin (Koizumi, Tokuda, Soshi)



**\* Vision Statement of Choosing Wisely East Asia (Draft Version)**

1. To implement high value care based on medical professionalism.
2. To engage patient and public to enhance health literacy.
3. To promote Shared Decision Making and encourage patient to express their values.
4. To embrace the cultural and social context.
5. To develop sustainable and equitable health care system

**Future Direction:** Along with the dissemination of U.S. and Canadian "Top Five Lists" and encouraging Japanese professional societies to articulate their own "List of Five", reminding clinicians of new medical professionalism appears to have more profound moral influences on their mindset and clinical behavior especially in shared decision making with patients and family.