

# LESS IS MORE - = + MEDICINE

HOME DISCOVER ACT BLOG [FRANÇAIS] ABOUT



## Things are happening! Join in and learn more about this movement.

Do you want to meet other health care providers and patient advocates who are interested in the Less is More approach? To learn more about what others are doing to change the culture of medicine?

Check out a conference or event (in chronological order where possible)

## UPCOMING EVENTS:

### Evidence Based Deprescribing Guideline Symposium Mar 26-28, Ottawa, Canada

- The symposium centers on sharing experiences and building momentum for deprescribing guideline development, implementation, education and research, allowing attendees to interact with high-quality content, network with colleagues and discover innovative developments in deprescribing guideline use.

- Monday, March 26, 2018 Focus: Developing GRADE evidence- based deprescribing guidelines
- Tuesday, March 27, 2018 Focus: Implementing evidence-based deprescribing guidelines
- Wednesday, March 28, 2018 Focus: Developing deprescribing guideline curricula; evaluating deprescribing guideline impact

Access the [Preliminary Agenda](#) or [Register](#)

### Lown 2018: Breaking the Cycle of High Cost & Low Value: America's Next Health System Apr 9-10, Washington, DC, USA

- Are you ready to tackle the most pressing issues in health care: systemic overuse, inequality, clinician burnout, corruption, and the crisis in affordability? Then we'd like to see you in Washington, DC this April to help advance the bold ideas we need for America's next health system. Join hundreds of clinicians, researchers, and policymakers—just like you—who are ready to lead the way.
- [Learn more about the conference and how to register!](#)
- [Submit a research abstract or workshop proposal](#)
- [Listen to keynotes and panels](#) from the Lown 2017 conference

### Choosing Wisely Canada 3rd Annual Conference Apr 23, Toronto, ON, Canada

- Be part of the national conversation on reducing overuse, waste, and harm in Canadian health care
- Our annual National Meeting is an opportunity for clinicians, patients and system leaders to come together to discuss, engage, and network on topics related to reducing unnecessary care.
- At the 2018 National Meeting you will:
  - Engage with the Choosing Wisely community and foster the exchange of ideas among individuals and groups working on Choosing Wisely Canada
  - Feature practical and implementable examples of projects on Choosing Wisely
  - Understanding the impact of the emerging evidence of the campaign

### Too Much Medicine Aug 15-17, Helsinki, Finland

- Organized in partnership with the Preventing Overdiagnosis conference, Too Much Medicine is the focus for the XXIX Paulo Foundation International Medical Symposium
- Overdiagnosis and overtreatment are causes for increasing concern; The XXIX Paulo Scientific Symposium will bring together a group of outstanding international scientific experts to raise awareness of problems related to medical excess and to identify the best sustainable evidence-based practices.
- The Symposium aims to find methods for eliminating sources of bias from clinical trials and guidelines, to advance the dissemination of accurate scientific information and to promote critical societal debate about medicine.
- [Registration](#) opens March 1

### Preventing Overdiagnosis Aug 20-22, Copenhagen, Denmark

- Following successful conferences in Dartmouth in 2013, the University of Oxford in 2014, the NIH in 2015, Barcelona 2016, and Quebec in 2017, we are pleased to announce the 2018 international Preventing Overdiagnosis conference will be held in Copenhagen
- Reduced fees are available for medical and health students & patient participants.

## ONGOING:

### Choosing Wisely Canada Talks. Web based, Canada.

- Choosing Wisely Talks take place on the 1st Thursday of every month from 12pm-1pm ET. Each workshop is led by an inspiring guest speaker, usually someone who has made significant gains in implementing the Choosing Wisely recommendations. Through a webinar format, participants tune-in to a live presentation by the guest speaker, followed by an interactive Q&A discussion. Participants usually leave each workshop with:
  - A greater appreciation for the impact of overuse
  - Ideas and inspiration for their own Choosing Wisely implementation project
  - A better grasp on potential barriers and opportunities to successful implementation

### Right Care Regional Events. Various, USA

- Coordinated by the Lown Institute

### Practicing Wisely: Reducing Unnecessary Testing and Treatments. Various, Canada.

- Formerly/also known as "Don't Just Do Something; Stand There," this course is a suite of new continuing professional development opportunities for primary care providers.
- Participants will identify opportunities to "practise wisely", with a focus on reducing over-prescribing, over-imaging, over-screening and over-monitoring using the latest evidence and tools from diverse sources. This workshop aligns closely with the Choosing Wisely Canada (CWC) campaign to

- implement good healthcare stewardship and avoid over-medicalization; the program centres on case studies and incorporates individual reflection and group work. It helps participants to build communication skills to guide their patients through the shift from seeking sickness to enhancing health.
- Started by Dr Jennifer Young and the Ontario College of Family Physicians; interactive workshop setting; reviews the evidence behind tests, treatments, and screening and aims to help physicians to utilize resources appropriately
- Upcoming dates:
  - May 24/17 - Montreal
  - May 29/17 - Ottawa
  - June 3/17 - Newfoundland
  - Nov 22/17 - Toronto

## PAST EVENTS:

### Preventing over-medicalization by listening and sharing Sep 28-30, Lecce, Italy

- The Conference aims to update our knowledge about over-diagnosis and over-medicalization in order to promote an aware and critical behaviour facing patients' everyday problems, and will host Italian and International experts on the subject of over-diagnosis and quaternary prevention.
- Register [here](#) by Aug 31, 2017

### Minimally Disruptive Medicine: Effective Care that Fits Workshop 2017. Oct 23-24, Rochester, MN, USA (Mayo Clinic, KER Unit)

- This is the second offering of this two-day intensive that gives participants a kind and careful frame for considering the provision of healthcare for patients with chronic conditions: Minimally Disruptive Medicine (MDM).
- Upon conclusion of this program, participants should be able to:
  - Describe Minimally Disruptive Medicine.
  - Differentiate between "non-compliance" and workload-capacity imbalance from patient stories.
  - Demonstrate knowledge and readiness to use practical tools and techniques to apply MDM in practice.
  - Propose potential MDM projects in their own healthcare or research contexts.

### Evidence Based Health Care (EBHC) International Conference Oct 25-28, 2017. Taormina, Italy.

- The 8th International Conference of EBHC Teachers & Developers is hosted by the [GIMBE \(Evidence for Health\) Foundation](#). Built on 7 previous highly successful meetings, the Conference is an excellent opportunity to network with worldwide EBHC leaders

### International Shared Decision Making (IDSM) Jul 2-5, 2017, Lyon, France.

- As a tribute to the late Professor Cathy Charles and her important contributions, the scientific committee has chosen the theme for this conference to be – **Time to reflect on shared decision making**: where are we now and where we want to be.
- This will be a great event in the shared decision-making community working to improve care to patients and their families. This is an ideal event at which to make new professional acquaintances and to exchange ideas in a friendly atmosphere as well as enjoying the many pleasures of Lyon, a UNESCO World Heritage Center.

### Hellish Decisions in Healthcare Jan 12-13, 2017, Oxford UK.

- Hosted by the [Value Based Healthcare programme](#), within Oxford University's Nuffield Department of Primary Care Health Sciences, in partnership with [Better Value Healthcare](#) and the [Oxford Health Experiences Institute \(HEXI\)](#)
- Hellish Decisions in Healthcare is designed as a space for healthcare leaders, professionals and researchers within the international healthcare community to shape healthcare policy and systems to deliver Triple Value
  - **Personalised value**, the delivery of services informed by what matters to the individual
  - **Technical value**, determined by how well resources are used within services for each purpose
  - **Allocative value**, determined by how the assets are allocated to services for different purposes.
- The decisions and strategies needed to deliver Triple Value will not always be immediately apparent and nor will they be easy to make; the Value in Healthcare Forum is a safe place where these strategies can be developed and where strategic discussions can be had with the key thought and implementation leaders in healthcare.

### 9th Geneva Conference on Person Centered Medicine. Apr 10-13, 2016. Geneva, Switzerland.

- Collaboration between the [International College of Person Centered Medicine](#), the World Medical Association, the World Health Organization, the International Council of Nurses and many other global health institutions.
- Main theme will be *Person-Centered Integrated Care through the Life Course*. A 2016 Geneva Declaration on this theme was also presented
- Click [here](#) to view the programme outline

### From Health to Sickness: The Harms of 21st Century Medicine. 2015. If annual, 2016 date TBA, Guildford, Surrey, UK

- a one day educational seminar on the topics of Overdiagnosis and Overmedicalisation

### The Second Annual Conference And Awards Ceremony Of The European Society For Person Centered Healthcare. June 18-19, 2015. Francisco de Vitoria University, Madrid, Spain

- The conference will function to provide detailed reviews of recent advances in biomedicine and technology and expert clinical interpretation/opinion for the diagnosis, treatment and follow-up of a wide variety of chronic malignant/non-malignant conditions and diseases and to examine how these advances in science can be delivered to patients within models of practice which take due account of the patient's broader needs and circumstances, including his/her lifestyle, psychological, emotional, social and spiritual requirements in addition to his/her physical needs

### International Prudent Healthcare Summit, July 9, 2015. Cardiff, Wales, UK

- International speakers and people at the heart of developing and delivering prudent healthcare in Wales will discuss and review achievements and set out the key steps needed to make further change happen, including: Strengthening primary care, remodelling the health and social care workforce, rebalancing the relationship between citizens and state, taking action to address over-diagnosis and over-treatment

### 29th European Conference on Philosophy of Medicine and Health Care: "Medicalisation" Aug 19-22, 2015, Ghent, Belgium

- Organized by the European Society for Philosophy of Medicine and Healthcare (ESPMH) and the Bioethics Institute Ghent, Belgium

### Harms in Healthcare. Sept 19, 2015, Oxford UK

- This public event, part of University of Oxford's Alumni Weekend programme, offers a unique insight on the individual and institutional self-interests in research, combined with increased global competition that are currently leading to substantial harms in healthcare.
- "We will question whether medicine is broken – do patients and the public ever fully understand what doctors, academics and regulators have been permitted to do to them and what would their reaction be? How the media contribute to harms and the growing problem of overdiagnosis, creating patients from a healthy population. We'll also discuss the impact of a £500 million deficit in the public purse from stockpiling the controversial flu drug Tamiflu."

Know of a conference or event not listed here that should be featured? [Email](#) with the details or tweet them to [@LessIsMoreMed](#)

---