

## ASCP Choosing Wisely Recommendation Template

**A. Please provide one recommended intervention that includes the elements described below.** The recommendation should be presented as a single, action-oriented sentence that is no more than 15 words in length. Here is an example of a recommendation sentence:

- i. Don't perform population based screening for 25-OH-Vitamin D deficiency.

**B. Support your recommendation sentences with concise evidentiary statements, less than 75 words in length.** These should provide the evidence and thinking behind the recommendation, and should also specify when the highlighted intervention is appropriate. If there are any conditional clauses or stipulations that physicians might need to consider in implementing be sure to address them. Each statement should flow logically from the headline. Here is an example of the supporting evidentiary statement from the aforementioned headline examples:

- i. Don't perform population based screening for 25-OH-Vitamin D deficiency.

Vitamin D deficiency is common in many populations, particularly in patients at higher latitudes, during winter months and in those with limited sun exposure. Over the counter Vitamin D supplements and increased summer sun exposure are sufficient for most otherwise healthy patients. Laboratory testing is appropriate in higher risk patients when results will be used to institute more aggressive therapy (e.g., osteoporosis, chronic kidney disease, malabsorption, some infections, obese individuals).

**C. For each recommendation, provide a reference to the research used as evidence.** For consistency across lists we use the National Library of Medicine (citing medicine) style. An example of appropriate formatting:

- i. Sattar N, Welsh P, Panarelli M, Forouchi NG. Increasing requests for vitamin D measurement: Costly, confusing, and without credibility. Lancet [Internet]. 2012 Jan 14 [cited 2012 Oct 12];379:95-96.

**D. Try to avoid using complex or clinical terminology – but not at the risk of reducing the value and credibility of the recommendations made.** The more accessible and easy-to-understand these lists are, the more likely it is that they will be clearly understood and have a lasting impact. We want physicians, patients, policymakers, reporters and others to be able to reference them and have a conversation about the wise use of resources, tests and procedures. That said, please do not feel the need to simplify the recommendations so much that they lack the relevant clinical details and attributes that your peers would expect.