

Tests, treatments and procedures at risk of inappropriateness in Italy
that Physicians and Patients should talk about.

**Five Recommendations from the Professional Society of Forensic Medicine of Italian
National Health Service Hospitals - (COMLAS)**

1	<p>Don't promote the culture of "informed consent" as a mere bureaucratic and professional self-help tool.</p> <p>Medical-surgical procedures are subject to the consent of the person to whom the act is intended. Prior information to the acquisition of consent must be provided in a clear and omprehensible way and it's the doctor's duty to ensure that the person has acquired proper knowledge. Informed consent (IC), far from being a mere bureaucratic tool, must be used to support the process of communication between doctors and patients. Submitting to the patient forms for IC in the absence of adequate preventive information is not useful neither for the relationship between physician and patient nor for the defense of the professional in the event of dispute related proceedings.</p>
2	<p>Don't prescribe clinical and instrumental tests aimed at the assessment of any disability otherwise already clinically proven.</p> <p>Avoiding duplication of redundant investigations implies exerting forensics fairly and respectfully towards people with disabilities, preventing them and their relatives from unnecessary inconveniences without clogging up waiting lists with inappropriate prescriptions as well as sparing incorrect allocation of limited public resources. A single forensic assessment moreover may act as a key to access to all the benefits provided for by national and regional arrangements thus simplifying paths undertaken in the care of disabled people.</p>
3	<p>Don't encourage the use of defensive medicine practices.</p> <p>The forensic discipline is involved in academic training, business activities, hospital care, operating freelance, advice to judicial authorities, etc in order to support culture of both clinical appropriateness and scientific evidence as benchmarks for professional conduct. The forensic discipline strives to fight the so-called requirements "for medical purposes" in any sphere of competence.</p>
4	<p>Don't draw advice and expertise without joining forensic criteriology* or lacking thorough technical and scientific analysis of clinical problems.</p> <p>In all areas of inquiry and in particular within healthcare professional responsibility, Forensics is committed to pursuing a high-quality reliable method, avoiding fideistic assessments, merely based on personal experience. Moreover it undertakes to erect a barrier grid to the spread of unreliable scientific information in favor of evidence-based, objective and objectively repeatable and verifiable knowledge which has achieved consensus of national and international scientific communities.</p>
5	<p>Don't draw biased opinion in terms of health professional responsibilities, which may lead to false expectations in the assisted</p> <p>Forensics endeavors to achieve equal and rigorous ethical and scientific commitment in any field its advice may be devised, avoiding manipulation and distortion of clinical, scientific and technical data , in the knowledge that advice remote from reality not only may develop useless tools in debates , but it can moreover trigger undesirable compensation mechanisms by the customer, ultimately encouraging health professionals o resort to defensive medicine even more.</p>

* **Criteriology:** "Theory of the means and methods of thought to distinguish right from wrong" (Dictionary Devoto-Oli).

How this list was created

The Board of COMLAS appointed a restricted work group consisting of professionals working in business, academic and free-lance fields. The group has jointly worked through periodic meetings; in these framework, members reported proposals resulting from experience gained in referenced institutions. Considering the special nature and purpose of the discipline, practices of forensic activities, conducted both in the context of health organizations and in the judiciary, have been taken into account. Practices at risk of inappropriateness were selected after extensive discussion and consultation as well as following the suggestions of the "Doing more does not mean doing better" project manager, finally, the work group chose its top five recommendations which were then approved by the National Executive Board.

Sources

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Slow Medicine, an Italian movement of health professionals, patients and citizens promoting a Measured, Respectful and Equitable Medicine, launched the campaign **"Doing more does not mean doing better-Choosing Wisely Italy"** in Italy at the end of 2012, similar to Choosing Wisely in the USA. The campaign aims to help physicians, other health professionals, patients and citizens engage in conversations about tests, treatments and procedures at risk of inappropriateness in Italy, for informed and shared choices. The campaign is part of the Choosing Wisely International movement. Partners of the campaign are the National Federation of Medical Doctors' and Dentists' Orders (FNOMCeO), that of Registered Nurses' Orders (FNOPI), the Academy of Nursing Sciences (ASI), National Union of Radiologists (SNR), Tuscany regional health agency, PartecipaSalute, Altroconsumo, the Federation for Social Services and Healthcare of Aut. Prov. of Bolzano, Zadig, www.choosingwiselyitaly.org, www.slowmedicine.it

"COMLAS" (Professional Society of Forensic Medicine of Italian National Health Service Hospitals) is a national, apolitical, no trade union purposes and no profit association. It performs the function of Scientific Society of forensic doctors working in Italian NHS, with scientific, cultural, divulgative, training and research aims, in partnership with other scientific societies of Italian and foreign medical and health professions. It provides advice to Ministry of Health, Regions, local health authorities and other public and private health institutions contributing to drawing policies aimed to ensure that citizens receive uniformed and homogeneous levels of assistance and support. It promotes the construction of a forensic model which, in addition to playing the role of a medical discipline applied to the law, might encourage a modern vision of the relationship between "citizens/ institutions " thus placing the citizen, the human person, at the heart of the NHS according to principles of fairness and safeguard of the public interest. www.comlas.org/