

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

Five Recommendations from Italian Society of Pediatric Primary Care (SICuPP)

1	<p>The foreskin should not be forcibly retracted if physiologic phimosis is present</p> <p>Children are physiologically born with tight foreskin at birth which appears to be intact, flexible and scarless. Separation occurs naturally over time: it resolves within 3 years of age in 90% of children, within 6 years in 92%, within 16 years in 99%.</p> <p>In case of recurrent balanoposthitis, which may cause scar tissue or to quicken separation, topical steroid ointment application may be recommended.</p>
2	<p>An oral dose of vitamin K is not recommended in term newborns who received an intramuscular shot at birth</p> <p>Administration of a single i.m. dose of vitamin K within the first 6 hours of life is enough to prevent hemorrhagic disease of the newborns. If not given (e.g., due to parental refusal), oral administration must be recommended, which is less effective and should therefore be continued for the next 13 weeks, particularly in breastfed infants, since breast milk has a low concentration of vitamin K.</p>
3	<p>Do not routinely prescribe antiseptic medication in the umbilical cord care</p> <p>Dry care and parents hand hygiene are enough to prevent omphalitis in developed countries.</p> <p>Antiseptic swabbing of the stump is not supported by evidence and is not justified by time and costs needed.</p>
4	<p>Fear of febrile seizure should not lead to vaccination hesitancy in healthy children</p> <p>Any vaccination can cause fever and febrile seizure. This may lead parents to hesitate in following the vaccination programme. Seizures in post vaccination fever are rare and do not differ from other febrile seizures during infectious diseases.</p>
5	<p>Do not prescribe systemic fluoride but rather promote oral hygiene and age-related use of toothpaste</p> <p>Prophylaxis of caries with fluoride is worldwide acknowledged to be fundamental. In children, topic use of fluoride on erupted teeth has proven to be more effective than systemic use before eruption. Dental hygiene routine should be performed at least twice a day and supervised by parents.</p>

Please note that these items are provided only for information and are not intended as a substitute for consultation with a clinician. Patients with any specific questions about the items on this list or their individual situation should consult their clinician.

How this list was created

The Board Members of SiCuPP-Tuscany, with the help of additional expertise, coordinated a group work whose aim was to identify 5 further recommendations on the appropriateness of practices and prescriptions in the field of pediatric primary care, based on surveys already carried out by other scientific societies. After sharing them with the President, the National Board of and the regional representatives of SiCuPP, they were sent for evaluation to the steering committee of the Choosing Wisely Italy project.

Sources

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Slow Medicine ETS, an Italian Third Sector organization 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

SiCuPP was born in 2005 as an evolution of the Pediatrics Primary Care Study Group; it consists mainly of primary care pediatricians, together with pediatrics residents and all physicians who share interests in the field of pediatric primary care. The goals of the society are to promote the role of family pediatricians, consolidate and disseminate the culture of local pediatric care, and promote the empowerment of patients and families as a tool to safeguard the health and functionality of the NHS. These goals are pursued through continuous professional improvement, research and experimentation. Significant efforts are also devoted to the integration of the various figures working in the pediatric field and to constantly improve quality of care.

SiCuPP is affiliated to the Italian Society of Pediatric, is a member of the European Confederation of Primary Care Pediatricians (ECPCP) and of Slow Medicine ETS network. It also supports the “save the NHS” GIMBE project and is included among the scientific societies entitled to produce guidelines for the National Health Plan. <https://www.sicupp.org/>