



### What is Evolve?

Part of a global movement, **evolve** is an initiative led by physicians and the Royal Australasian College of Physicians (RACP) to drive high-value, high-quality care in Australia and New Zealand.

As medical practice and medical research continues to grow in volume and complexity, physicians can be inundated with new guidelines, new research and new information. **Evolve** helps physicians to stay abreast of the current evidence and recommended best practice to support the provision of high-quality, high-value care to patients.

[evolve.edu.au](http://evolve.edu.au)

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To view the **evolve** Top 5 Lists, visit [evolve.edu.au](http://evolve.edu.au)

### How does Evolve work?

**Evolve** identifies a specialty's Top 5 clinical practices that, in a particular circumstance, may be overused, provide little or no benefit, or cause unnecessary harm.

**Evolve** recommendations are developed through a rigorous, peer-reviewed process; led by clinical experts, informed by in-depth evidence reviews, and guided by widespread consultation.

**Better care**  
**Better decision-making**  
**Better use of resources**

### What does that mean for physicians?

**Evolve** aims to safely and responsibly phase out low-value tests, treatments and procedures where appropriate.

**Evolve** aims to support physicians in providing high-value care to patients based on evidence and expertise.

**Evolve** provides a trusted process for each specialty to remain up-to-date with the latest evidence.

**Evolve** enables physicians to influence the best use of health resources, reducing wasted expenditure.

**Evolve** helps ensure patients receive the test, treatment or procedure they need, and not those they don't.



## How is Evolve relevant to you?

**Evolve** recommendations aim to ensure that every patient receives the test, treatment or procedure that they need and asks you to consider:

- Are these practices I see happening?
- Are they things I do?
- In my workplace, are there systems, processes or expectations that encourage or drive these low-value practices?

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## What can you do in your work?

**Evolve** provides evidence-based information that will help you reflect on why a clinical practice will not be of benefit to a patient and promotes shared-decision making with a patient.

Before making a clinical decision, **evolve** encourages you to ask:

- Will the **evolve** recommendations make any difference to my clinical decision-making?
- Does the patient really need this test, treatment or procedure?
- Do the risks to the patient outweigh the benefits?
- Are there simpler, safer options?

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## Implementation ideas

- Capitalise on teachable moments
- Include **evolve** recommendations in education sessions – grand rounds, workshops, clinical case reviews, team meetings, etc.
- Make **evolve** recommendations a routine part of handover conversations
- Make **evolve** recommendations visible – waiting room posters that promote, shared decision-making, and high-value care
- Engage patients and carers in shared decision-making
- Incorporate into electronic ordering and prescribing systems
- Include **evolve** recommendations in clinical audits and feedback
- Engage hospital management with implementation



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Specialists. Together  
EDUCATE ADVOCATE INNOVATE

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