



How to reduce overuse in healthcare?

Lessons from the Netherlands

Tijn Kool MD PhD

Professor Appropriate care

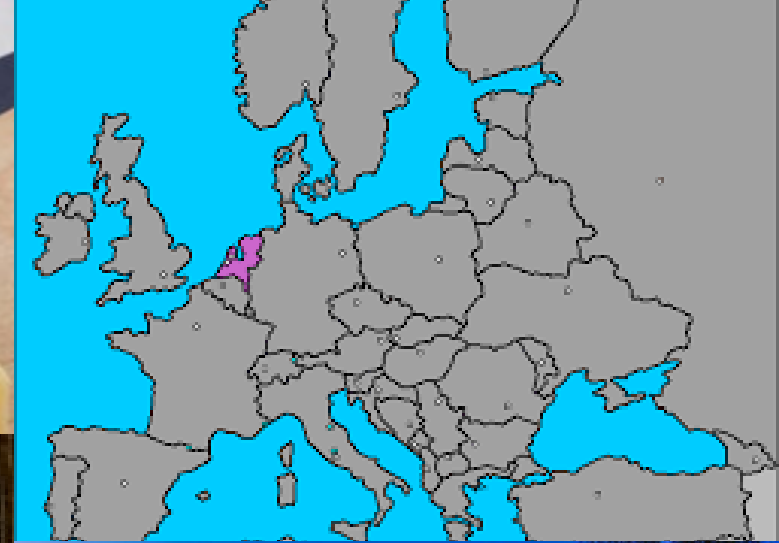
Radboud University Medical Center Nijmegen

Program leader To do or not to do?

April 25 2023





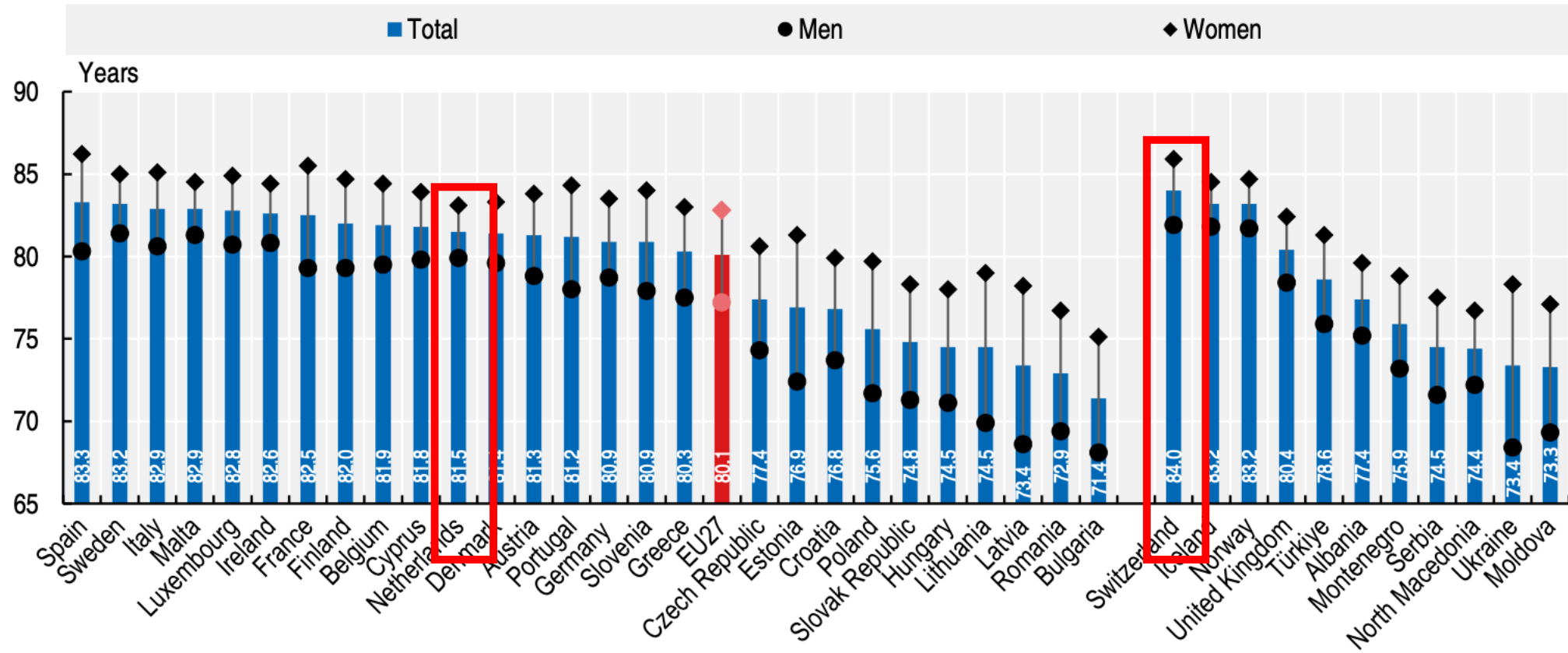


The Dutch healthcare system

- Health insurance mandatory
- Strong primary care: first GP than hospital
- 13500 GPs/5000 practices
- 70 hospitals for 17.5 million inhabitants
- CH: 275 hospitals for 8.7 million inhabitants

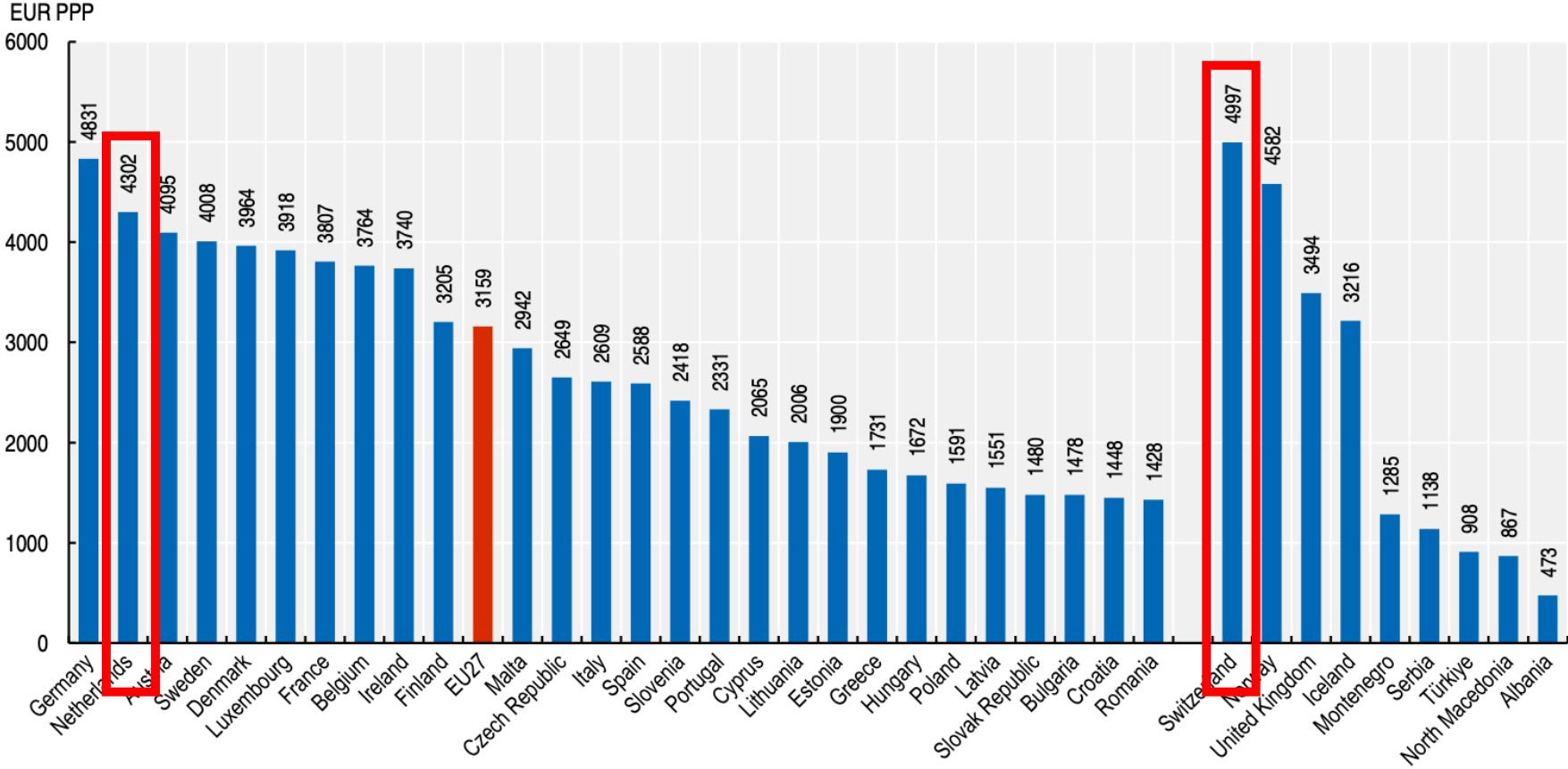


Life expectancy at birth by gender, 2021



Source: OECD

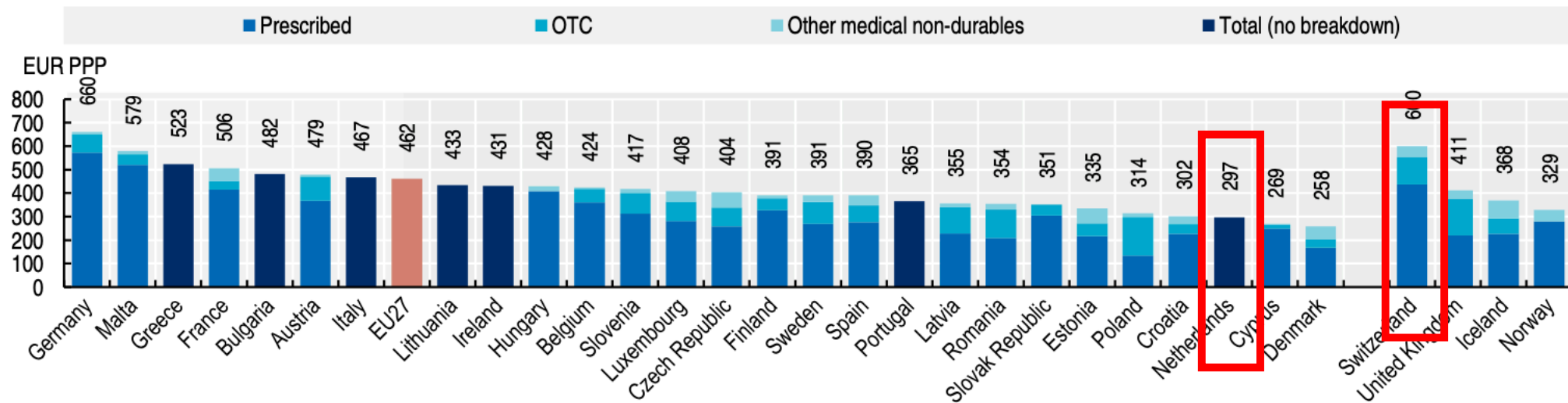
Health expenditure per capita 2020



Source: OECD



Expenditure on retail pharmaceuticals per capita 2020

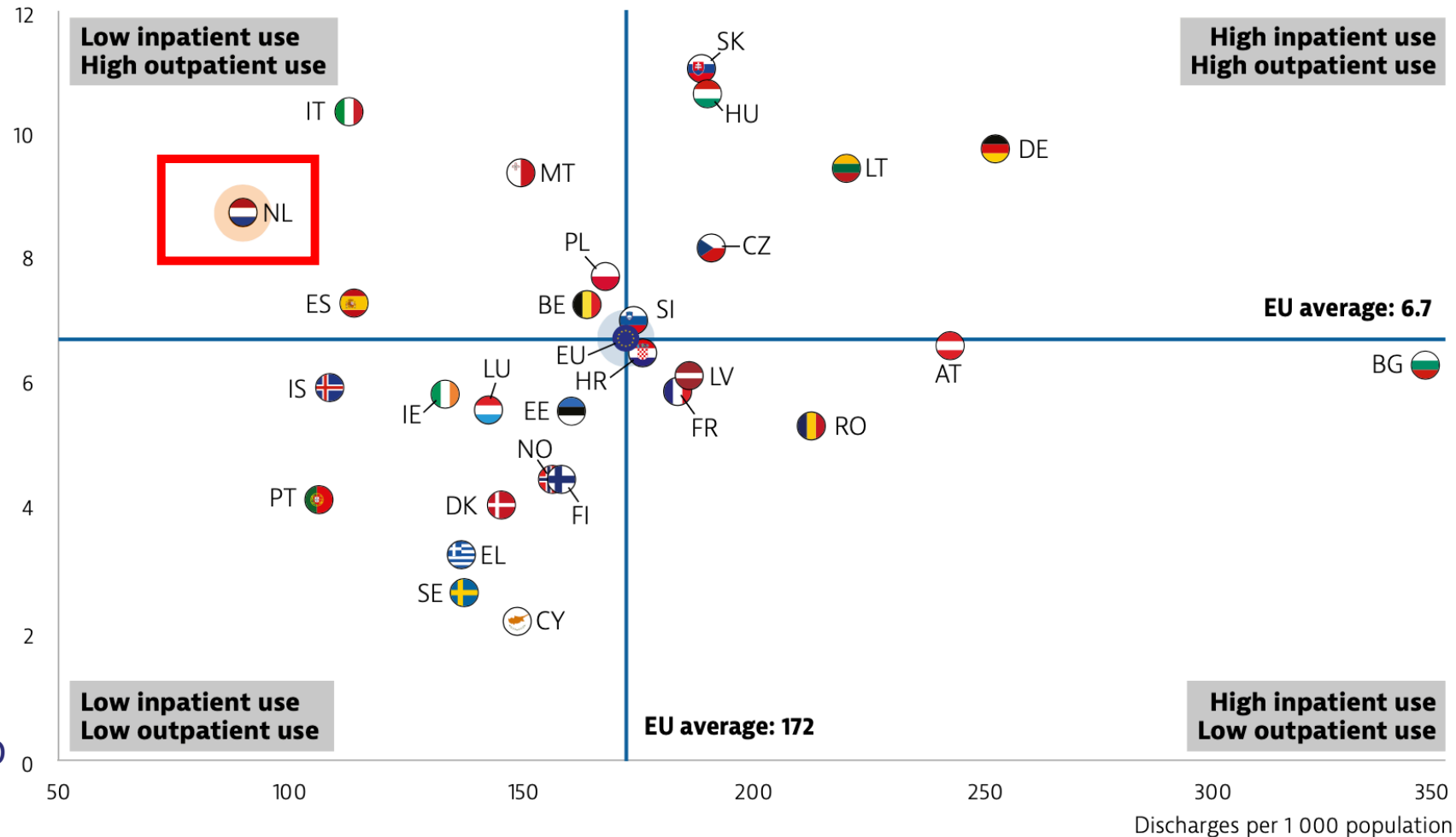


Source: OECD

Inpatient/outpatient use 2019

Figure 10. The Netherlands has the lowest inpatient use in the EU

Number of doctor consultations per individual



Source: OECD

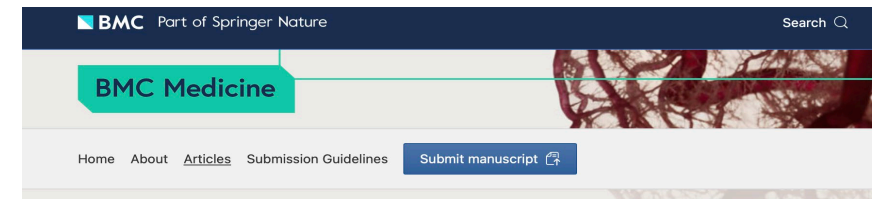
Program To do or not to do? 2015-2023

- Part of the international movement **Choosing Wisely**
- **Aims:**
 1. **Identifying** and **measuring** low-value care
 2. **Reducing** low-value care
 3. **Preserving** the results and **spreading** the interventions



1. Identifying and measuring low-value care

- Do not do lists for medical specialists, GPs and nurses
- Choosing Wisely Recommendations
- Using (administrative) databases for measurements
- Call for proposals among healthcare professionals



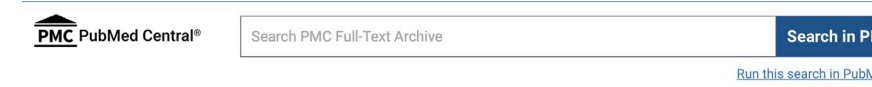
Research article | [Open Access](#) | [Published: 25 November 2016](#)

Identifying and prioritizing lower value services from Dutch specialist guidelines and a comparison with the UK do-not-do list

[Joost Johan Godert Wammes](#) , [M. Elske van den Akker-van Marle](#), [Eva W. Verkerk](#), [Simone A. van Dulmen](#), [Gert P. Westert](#), [Antoinette D. I. van Asselt](#) & [R. B. Kool](#)

BMC Medicine **14**, Article number: 196 (2016) | [Cite this article](#)

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[BMC Prim Care](#), 2022; 23: 141. PMCID: PMC9164383
Published online 2022 Jun 3. doi: [10.1186/s12875-022-01713-y](https://doi.org/10.1186/s12875-022-01713-y) PMID: [35658832](https://pubmed.ncbi.nlm.nih.gov/35658832/)

Identifying and prioritizing do-not-do recommendations in Dutch primary care

[Simone A. van Dulmen](#),¹ [Ngoc Hue Tran](#),¹ [Tjerk Wiersma](#),² [Eva W. Verkerk](#),¹ [Jasmine CL Messaoudi](#),¹ [Jako S. Burgers](#),^{2,3} and [Rudolf B. Kool](#)¹

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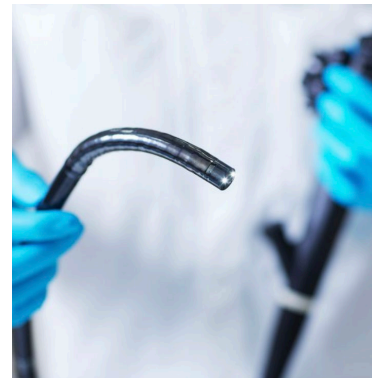
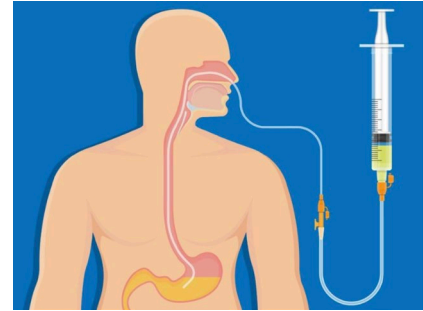
Low-value care in nursing: A systematic assessment of clinical practice guidelines

[Eva W. Verkerk](#)  , [Getty Huisman-de Waal](#) , [Hester Vermeulen](#) , [Gert P. Westert](#) , [Rudolf B. Kool](#) , [Simone A. van Dulmen](#) 

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2. Reducing low-value care: 23 regional projects

- 5 GP projects: for example reducing vitamin assessments
- 3 nurse projects: for example reducing auscultation for checking the position of a gastric tube
- 15 medical specialist projects: for example reducing gastric endoscopies for dyspeptic complaints
- Main principles:
 - Healthcare professional lead
 - Patients involved
 - Tailormade strategy
 - Facilitated and coordinated by our team



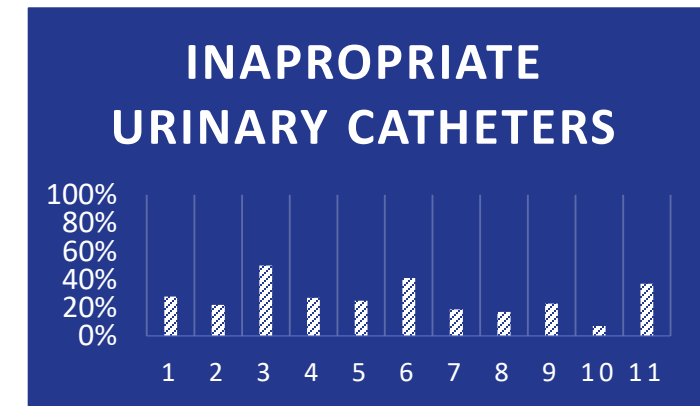
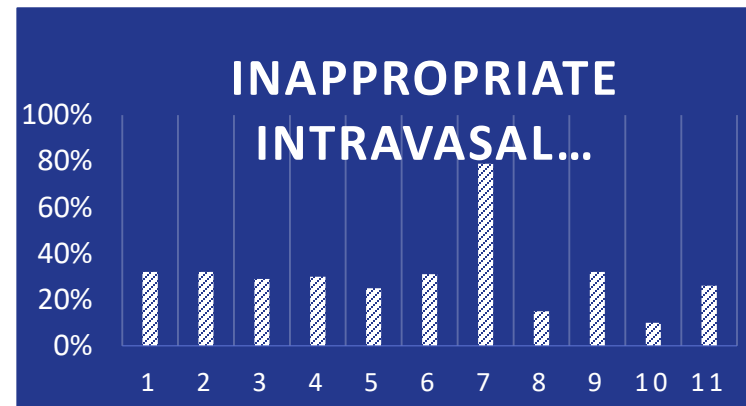
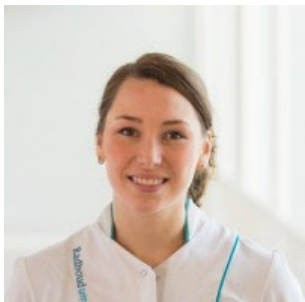
3. Spreading of effective interventions

- SPREAD Framework
- Three learning collaboratives
 - Reducing low-value laboratory tests
 - Reducing unnecessary urinary and intravasal catheters
 - Reducing follow-up after treatment for basalcell carcinoma
- Two national campaigns



It takes a crowd to spread: learning collaboratives

- (Digital) Contact with peers 3-6x a year:
 - Stimulating: how to start
 - Motivating: it is realistic
- Peer to peer: safe environment
- Central coordination
- Sharing experiences, challenges, successes and data



National campaigns

Vitaminegebrek? Meestal niet!
Bloedonderzoek is bijna nooit nodig

Niet prikken maar slikken
vitamine D

Slik vitamine D als u

- * weinig buiten komt
- * een donkere huidskleur heeft
- * een sluier of burka draagt
- * zwanger bent
- * vrouw ouder dan 50 jaar bent
- * ouder dan 70 bent

En geef het uw kinderen tot 4 jaar.

Niet prikken maar slikken
vitamine B12
voldoend door voeding

Neem de folder mee!
Voor meer informatie
thuisarts.nl

THUISARTS.NL
THUIS IN GEZONDHEID

Zoeken

3% 1 2 3

Stap 1
De maag

We leggen eerst uit hoe de maag werkt. En welke maagklachten er zijn.

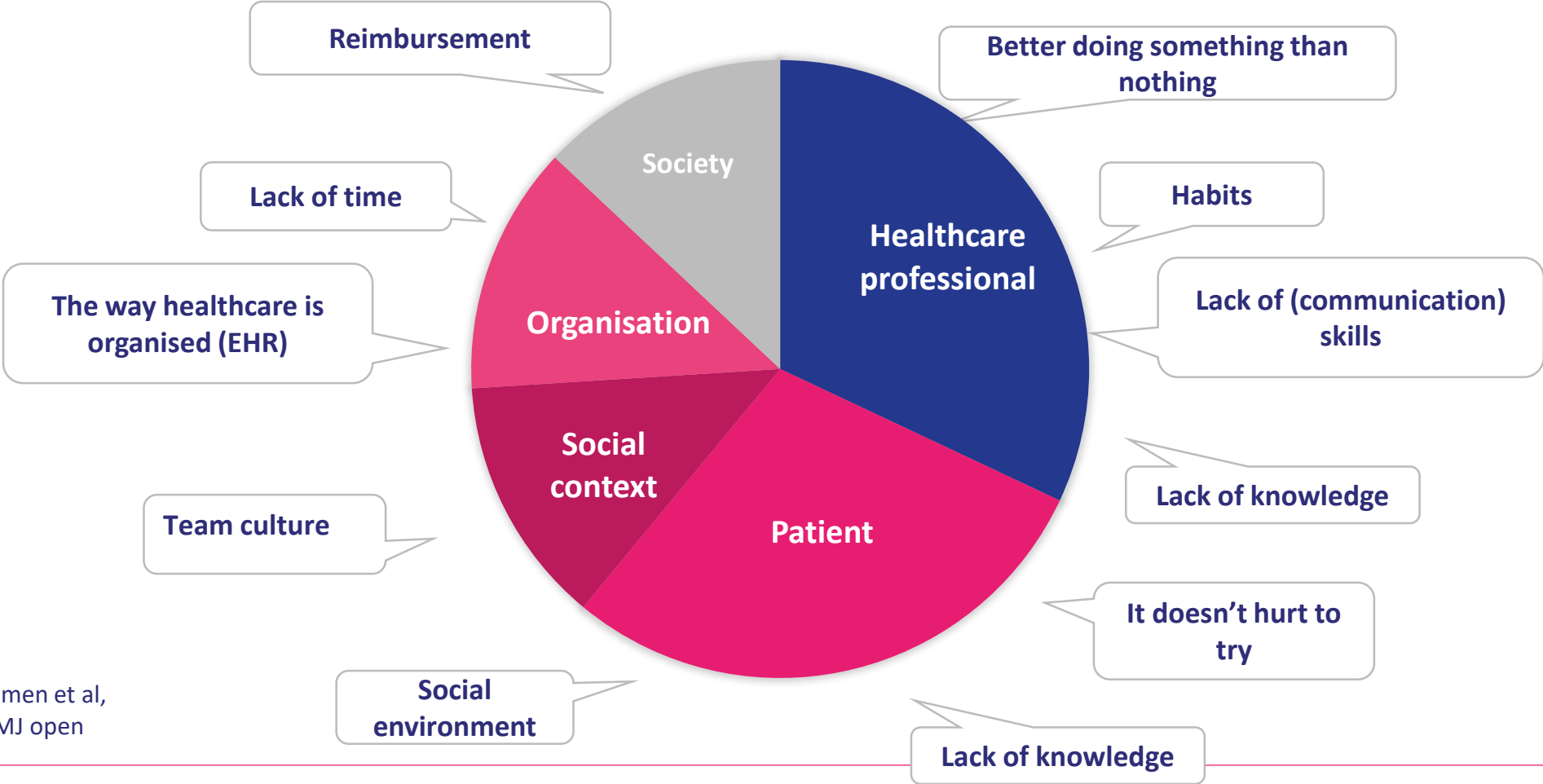
Ga verder

X Sluiten

Lesson 1: Healthcare professionals are motivated to reduce low-value care; they should be in the lead and need to be facilitated



Lesson 2: There is no magic bullet: design a tailormade strategy based on barriers and facilitators



Van Dulmen et al,
2020 BMJ open

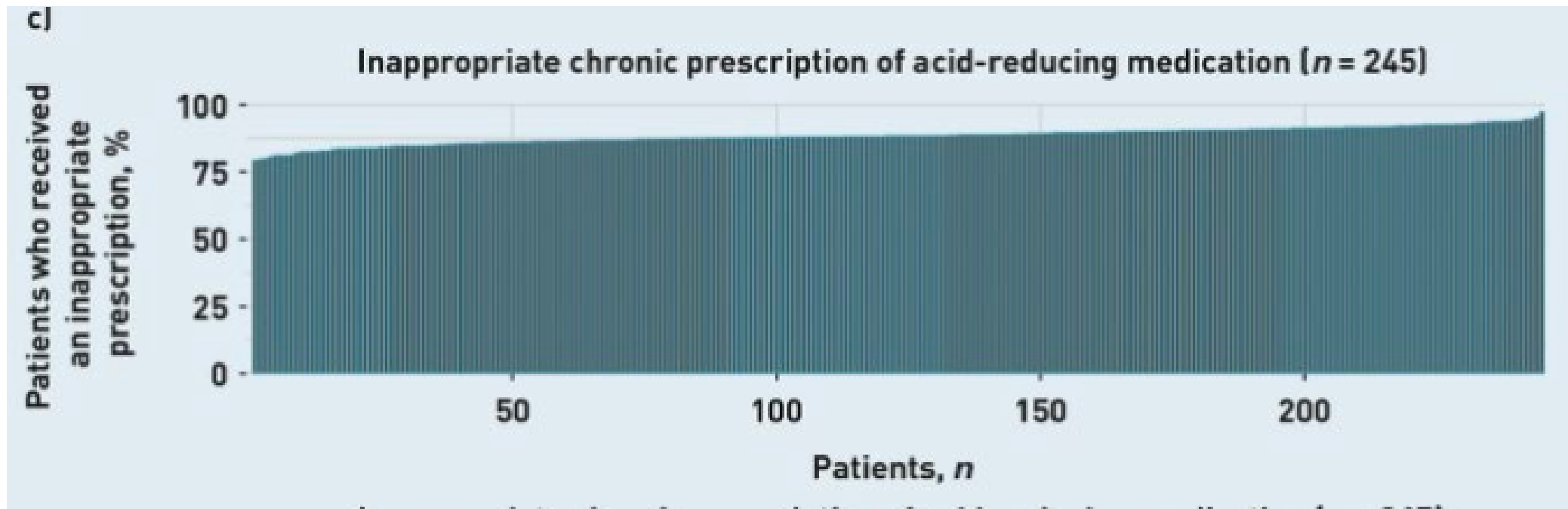
Lesson 3: Clinical leaders are crucial to motivate and inspire colleagues and deal with resistance



Lesson 4: Reducing means seducing



Lesson 5: Benchmark information is essential; it provides insight and motivates



Lesson 6: Reliable patient information is key

Vitaminegebrek? Meestal niet! Bloedonderzoek is bijna nooit nodig

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**Neem de folder mee!
Voor meer informatie
thuisarts.nl**

vitamine B12

voldoende door voeding

Overleg met de huisarts als u klachten heeft en

- * medicijnen slijt voor maagklachten of diabetes
- * dagelijks veel alcohol drinkt en daarnaast weinig eet
- * een darmziekte heeft

Bent u veganist?
Slik dan vitamine B12.

[Doen of laten?](#)

Maagklachten? Doe de keuzehulp!

met de keuzehulp
begrijpt u beter hoe maagklachten ontstaan

krijgt u persoonlijk advies over wat u kunt doen om klachten te verminderen

Scan de QR-code met de camera van uw telefoon of ga naar www.thuisarts.nl/keuzehulp/maagklachten

Maar informatie over maagklachten leest u op www.thuisarts.nl

[Doen of laten?](#) THUISARTS.NL | [Centraal Bureau Drugaangegeven](#)

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Zoeken

3%

1 2 3

X Sluiten

Stap 1 De maag

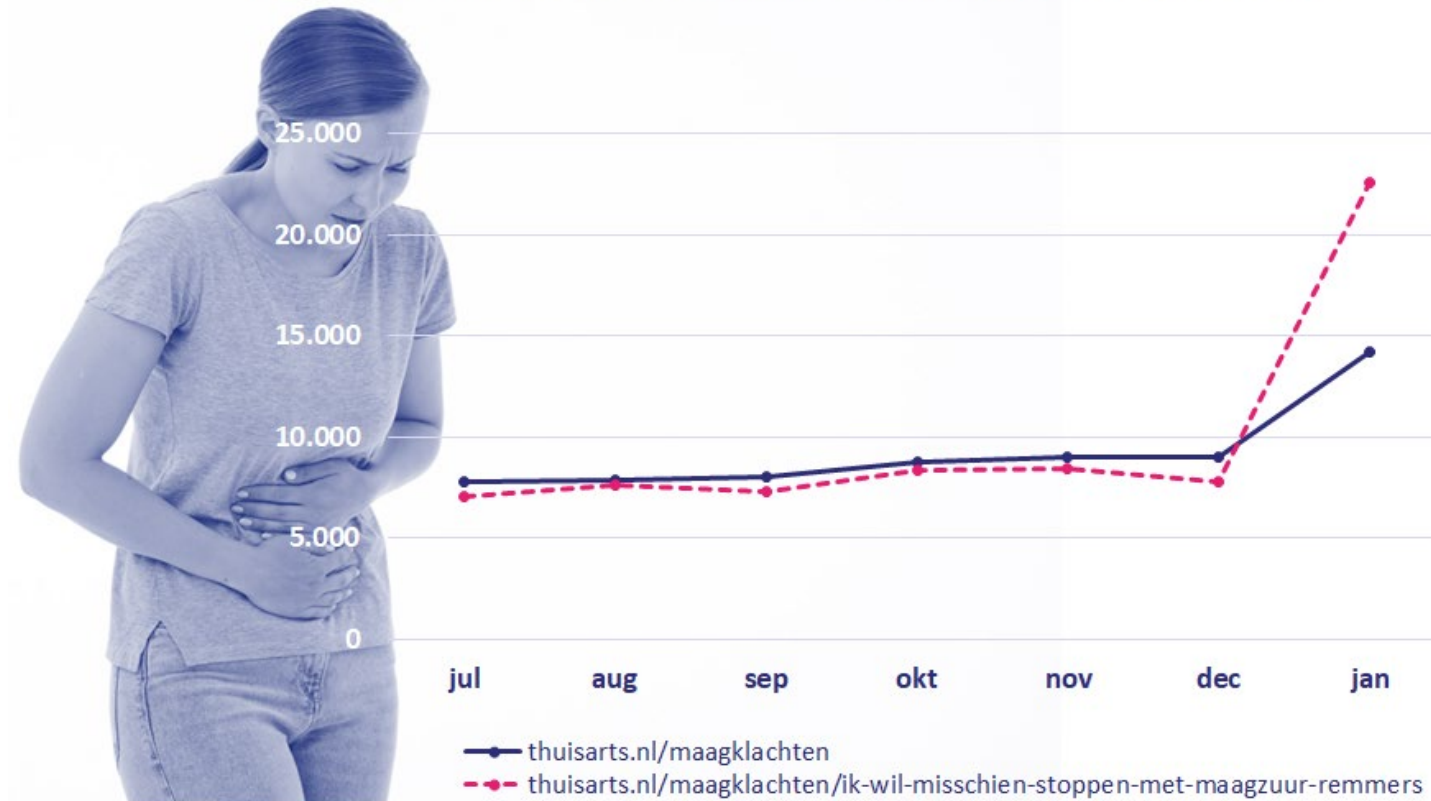
We leggen eerst uit hoe de maag werkt. En welke maagklachten er zijn.

Ga verder

Lesson 7: Use publicity to inform the public

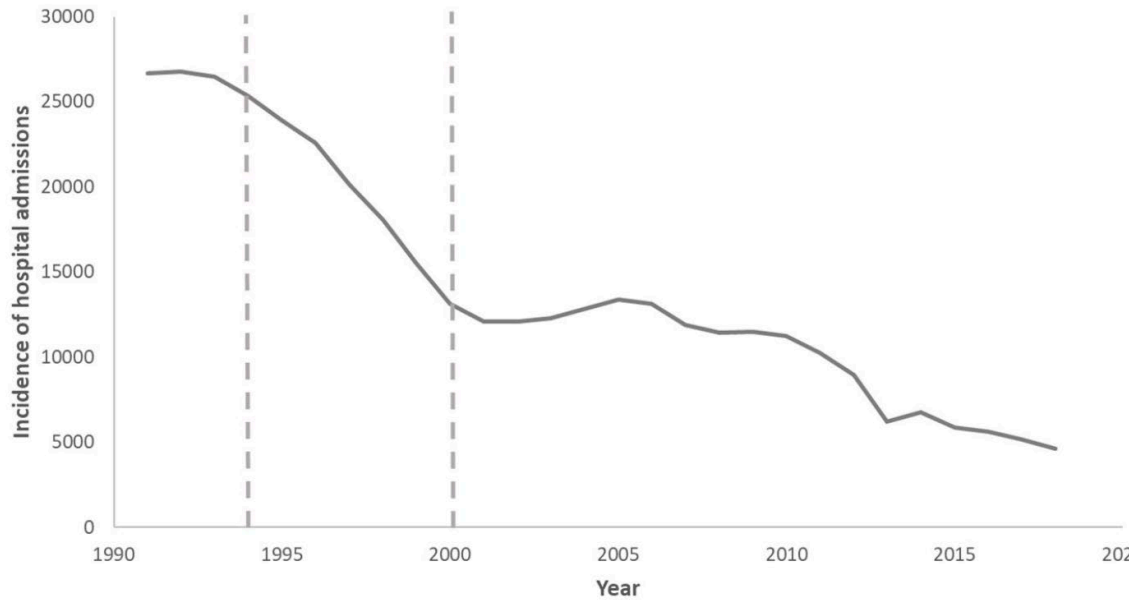


Toename in websitebezoek op de Maagklachten-pagina's op Thuisarts.nl
Meer websitebezoek in januari 2023 dan in de laatste ze maanden van 2022

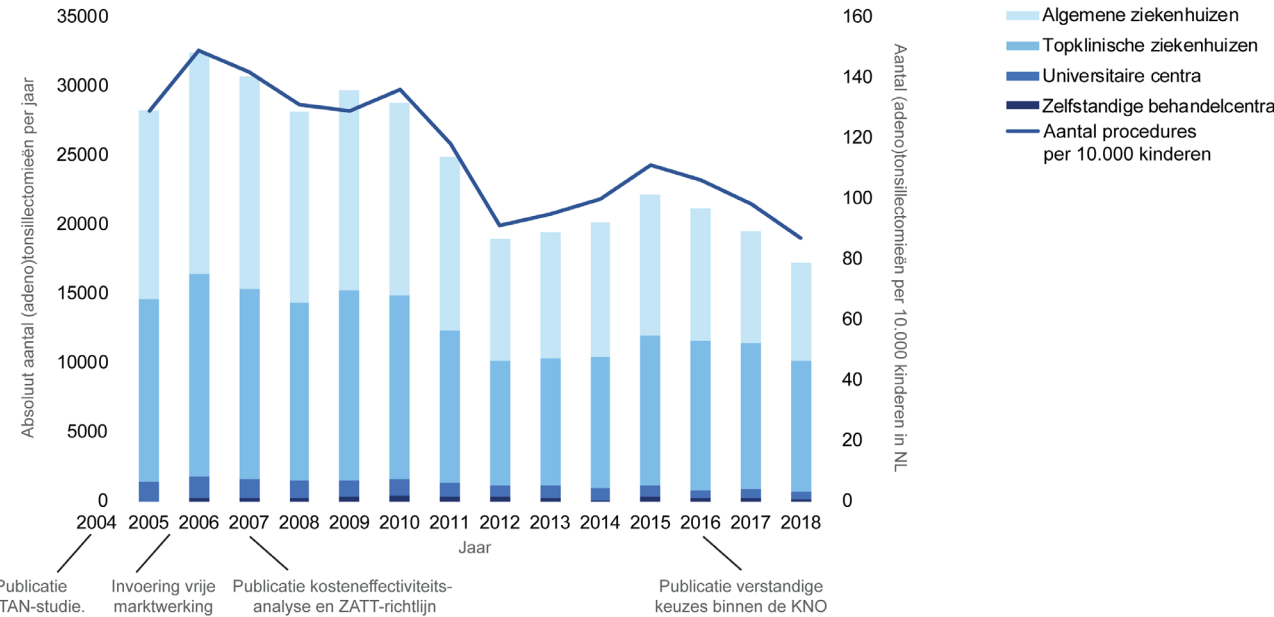


Les 8: Reducing low-value care requires patience

Bed rest for hernia nucleii pulposi



Coenen, 2022;
Eur J Pain



Dutch Journal
of Med, 2021

Lesson 9: Reducing low-value care is possible but don't expect miracles



11 % less lab diagnostics
department Internal
Medicine



13% less follow-up after
treatment for basalcell
carcinoma



20-30% less orders for
vitamine B12 or D by
the GP



61% of the patients with
stomach complaints did
not chose for a gastric
endoscopy



25% less urinary
catheters and 33% less
intravasal catheters

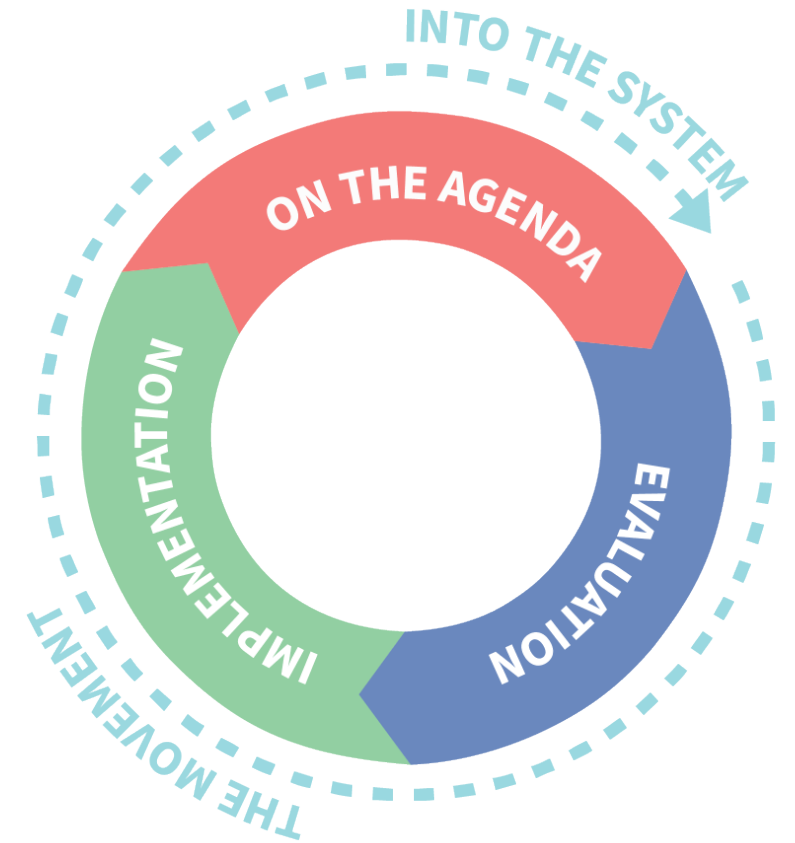
Lesson 10: Pay attention to sustainable results right from the start otherwise the effects will disappear



A new program: Healthcare evaluation and appropriate care

The Circle of appropriate care:

- On the agenda: Which healthcare practices need to be evaluated?
- Evaluation: Does it work or not? Is treatment A more effective than treatment B?
- Implementation: if it works, implement the service; if it doesn't, reduce it.



More information:

- <https://todoornottodo.nl>
- Tijn.kool@radboudumc.nl