



American Academy of Nursing
transforming health care policy and practice through nursing knowledge

American Academy of Nursing Announces Neuroscience Recommendations in Choosing Wisely® Campaign

Academy Cites Neuroscience-Specific Treatment Approaches Identified by the American Association of Neuroscience Nurses as Not Always Necessary or Advisable

Boston, MA (March 21, 2017) - The American Academy of Nursing announced five new Choosing Wisely® recommendations today concerning often routine treatment approaches that may not always be necessary or even in the best interest of patients. The American Association of Neuroscience Nurses (AANN), represented on the Academy's Choosing Wisely® Task Force, identified the new recommendations, which pertain to patients being treated for nervous system and/or brain conditions.

"These five statements submitted by the AANN reflect their specialized expertise and commitment to working for the highest standard of care," said AANN Director of Advanced Practice Professionals Cathy Cartwright, MSN, RN-BC, PCNS, FAAN.

"The Academy applauds AANN for introducing recommendations that will help neuroscience patients and their families start beneficial and critical conversations with their health care providers on the best course of treatment," said Academy President Bobbie Berkowitz, PhD, RN, NEA-BC, FAAN.

The Academy's list of "Twenty Things Nurses and Patients Should Question," includes new items 16-20, which are specifically relevant to patients undergoing neuroscience care, and will aid them and their families in choosing care that is supported by evidence, is not duplicative of other tests or procedures already received, is free from harm, and is truly necessary. The full list may be found at www.aannet.org/choosing-wisely.

The Choosing Wisely®, "Things Nurses and Patients Should Question," identified by AANN include:

- Don't routinely order a head CT to assess for shunt failure in children with hydrocephalus.
- Don't routinely order an EEG on neurologically healthy children who have a simple febrile seizure.
- Don't administer diazepam for muscle spasm following spine surgery in the elderly.
- Don't use lumbar puncture (LP) opening pressure as a reliable measure of intracranial pressure in children with severe chronic headache.
- Don't order "formal" swallow evaluation in stroke patients unless they fail their initial swallow screen.

Choosing Wisely® is an initiative of the ABIM Foundation and Consumer Reports to encourage conversations between patients and clinicians about what care is genuinely necessary. The Academy was among the first non-physician organizations to release recommendations. It leads the nursing profession's efforts in the Choosing Wisely® campaign through its task force composed of Academy fellows who are leaders of many national nursing organizations including AANN. The AANN recommendations have been endorsed by the Academy Choosing Wisely® Task Force.

To date, the Choosing Wisely® initiative has engaged nearly 100 national and state medical specialty societies, regional health collaboratives and consumer organizations, and has identified nearly 500 tests and treatments that have been described as overused and inappropriate, and should be discussed with patients.

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About the American Academy of Nursing

The American Academy of Nursing (www.AANnet.org) serves the public and the nursing profession by advancing health policy and practice through the generation, synthesis, and dissemination of nursing knowledge. The Academy's more than 2,400 fellows are nursing's most accomplished leaders in education, management, practice, and research. They have been recognized for their extraordinary contributions to nursing and health care.

About the American Association of Neuroscience Nurses

Founded in 1968, the American Association of Neuroscience Nurses (www.AANN.org), an organization of more than 5,200 members worldwide, is committed to working for the highest standard of care for neuroscience patients by advancing the science and practice of neuroscience nursing. AANN accomplishes this through continuing education, information dissemination, standard setting, and advocacy on behalf of neuroscience patients, families, and nurses.

About ABIM Foundation

The mission of the ABIM Foundation is to advance medical professionalism to improve the health care system. We achieve this by collaborating with physicians and physician leaders, medical trainees, health care delivery systems, payers, policy makers, consumer organizations and patients to foster a shared understanding of professionalism and how they can adopt the tenets of professionalism in practice. Learn more at www.abimfoundation.org [connect with us on Facebook](#) or [follow us on Twitter](#).

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