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## Choosing Wisely – Innovations in Cardio Vascular Diseases and Current US Health Care System

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**Objective:** To systematically review the available guidelines on cardiovascular testing and their impact on health care system.

**Introduction:** According to an estimate about 20%-30% of all health care spending is attributed to waste in health care. The providers contribute to a significant proportion of wasted health care dollars. This waste may be in the form of unnecessary radiological or laboratory investigation or new expensive medication or over- zealous investigative approach out of fear of legal action or law suits. With the growing health care cost in USA, national economy is under more strain. For this reason Choosing Wisely campaign came into being. The aim of Choosing Wisely campaign is to encourage discussions between providers and consumers regarding the care which a patient is going to get and to reach out and educate patients and their health care providers before going through the procedures on the basis of evidence, harm vs benefit, duplicative or redundant test or procedure that patient already received and its necessity.

**Methodology:** We performed a literature search from 2009-2016, using PubMed and google scholar with multiple search terms. We reviewed guidelines from American Society of Nuclear Cardiology, American Society of Echocardiography, Society for Cardiovascular Magnetic Resonance, Heart Rhythm Society, Society for Cardiovascular Angiography and Interventions, Society of Cardiovascular Computed Tomography and American College of Physicians.

**Conclusion:** All guidelines have same recommendation of not performing testing or procedures which are unnecessary. Not following these guidelines, not only affects the economy of the USA but also causes unnecessary mental and physical harm to the patient in various ways, and is not best use of limited resources which can be put to a better use somewhere else.

**References:** 1Berwick DM, Hackbarth AD. Eliminating waste in US health care. JAMA. 2012;307(14):1513–6. doi:10.1001/jama.2012.362.

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### Biography

Hiba Rehman has completed her MBBS from Hamdard Medical University, Pakistan. She has published 4 papers in reputed journals and has been serving as a reviewer of various journals of internal medicine.

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