

LETTER TO THE EDITOR**Dawn of Choosing Wisely Japan Student Committee**

On October 15th, 2016, Choosing Wisely Japan kickoff seminar was held in Suidobashi, Tokyo, Japan. Choosing Wisely is a global campaign aiming reduction in overdiagnosis and overtreatment. In Japan, leaders in medical field gathered and took initiative in launching Choosing Wisely Japan, raising awareness of Choosing Wisely in Japan. At the same time, we, a group of interested medical students, started Choosing Wisely Japan Student Committee, and learning how to practice high-value care through initiating student-led conversations on Choosing Wisely. We found three standpoints explaining the significance of student's engagement in this campaign.

FUTURE—AS A DOCTOR IN FUTURE

Yasuhiro Shiozaki, Minister of Health, Labour and Welfare in Japan, developed "JAPAN VISION: HEALTH CARE 2035," the long-term vision of healthcare system with a focus of the year 2035. In this document, it is emphasized that Japan's healthcare system was in a period of transition, from evidence-based medicine to value-based one. Doctors in future need to focus more on patient's value than ever. Choosing Wisely surely offers us a clue to learning patient's value.^{1,2}

PRESENT—AS A MEMBER IN MEDICAL TEAM

Clinical clerkship in Japan has been traditionally observation based, but these days, transition to more participatory is required. In this setting, medical students will be expected to be more engaged in medical practice and decision making of diagnosis, testing, and treatments. Medical students themselves need to know well about how to practice high-value care.

PAST—AS A CITIZEN

In promoting this movement, earning public understanding is vital. Messages of Choosing Wisely, however, can be easily misunderstood and mistakenly regarded as a campaign pursuing reduction in medical expenditure or denying modern medicine. Medical students, as

those who were not basically familiar with medicine just a few years ago, can see to some extent this activity from a citizen point of view. Therefore, students would potentially be the interpreters of the public and serve to bridge doctors and citizens.

Choosing Wisely Canada, one of the most enthusiastic organizations of Choosing Wisely International, launched STARS (Students and Trainees Advocating for Resource Stewardship) last year and published Choosing Wisely lists associated with medical education "Six Things Medical Students and Trainees Should Question," encouraging them to think twice when ordering tests and procedures. STARS hosted "Leadership summit" for medical student leaders from across Canada. Participants brought ideas shared back to their own schools and began local campaigns.

Choosing Wisely Japan Student Committee started monthly case conferences mainly in Osaka Medical College. Members engaged in publication of their perspectives, translation of Choosing Wisely lists into Japanese, and gave several presentations in conferences of different academic societies. In the following year, we are planning to establish relationships with overseas campaigns, including STARS.

Choosing Wisely is not a goal but just a starting point for our learning. With Choosing Wisely, we would make a greater contribution to future of health care in Japan (Figure 1).

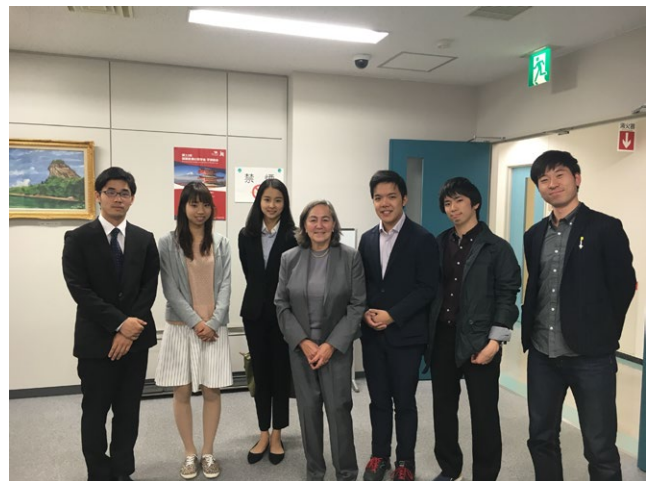


FIGURE 1 Members of Choosing Wisely Japan Student Committee and Professor Levinson

CONFLICT OF INTEREST

The authors have stated explicitly that there are no conflicts of interest in connection with this article.

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