

Choosing wisely in clinical practice: embracing critical thinking, striving for safer care.

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<https://psnet.ahrq.gov/issue/choosing-wisely-clinical-practice-embracing-critical-thinking-striving-safer-care>

Overtreatment and [overuse](#) can have unanticipated consequences, ranging from patient anxiety while awaiting test results to medical [complications](#). The authors identify several factors that can contribute to patient overtreatment (fear of uncertainty, cognitive bias, applying low-quality evidence, and overfocusing on diagnosis). Interventions to overcome these issues include educating clinicians that [uncertainty](#) is a part of medicine and shifting to a focus on patient-centered management rather than focusing on identifying a diagnosis.