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# ADR

## Tip of the Month

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### Choose Wisely

The Canadian Paediatric Society (CPS) released a list of specific tests, treatments and procedures that are commonly ordered but not always necessary as part of Choosing Wisely Canada. The list identifies five targeted, evidence-based recommendations that can support conversations between patients and clinicians.

- Don't routinely use acid blockers or motility agents for the treatment of gastroesophageal reflux in infants.
- Don't perform screening panels (IgE tests) for food allergies without previous consideration of the pertinent medical history.
- Don't administer psychostimulant medications to preschool children with Attention Deficit Disorder (ADD), but offer parent-administered behavioural therapy.
- Don't routinely do a throat swab when children present with a sore throat if they have a cough, rhinitis, or hoarseness as they almost certainly have viral pharyngitis.
- Don't recommend the use of cough and cold remedies in children under six years of age.

**For more information:**

<http://choosingwiselycanada.org/recommendations/paediatrics/>

***Please report all suspected adverse drug reactions (ADRs).***