



# Montreal Declaration on High-Value Care

## Preamble

The **Montreal Declaration on High-Value Care** is an initiative of the Collège québécois des médecins de famille (CQMF). It aims to improve both the quality of care and access to appropriate services, establishing principles for decision-making and actions.

The Declaration seeks to raise public and media awareness about this significant yet underrecognized issue. It calls on health professionals, urging them to champion appropriateness in their day-to-day clinical practices, and leaders in academic institutions and health network, encouraging them to support high-value care in their decisions and actions.



## Choosing high-value care

recognizes that more is not always better for patients and the healthcare system.

Judicious use of resources is an approach whereby one ensures that tests and treatments used are evidence-based. It promotes effective communication that enables individuals to understand the full extent of the harms and potential benefits of the proposed investigations and treatments. This approach positions patients as partners in decision-making about their care by integrating their values and preferences, while avoiding overmedicalization and providing safe and equitable care. Value-based healthcare represents a real solution to access to care issues since it prioritizes care that can substantially improve health and quality of life outcomes.

This approach requires changing not only the discussion between individuals and healthcare professionals, but also transforming political, social and media narratives. Quebec's political leaders and healthcare decision-makers must demonstrate courage and base their decisions on appropriateness of care, by supporting initiatives that lead to higher-value care and true reduction of low-value care.

From an educational perspective, it is the entire training of healthcare professionals that needs to be reviewed. From fundamentals courses to continuing professional development, what is taught must address the principles of appropriateness of care, transparency, and respect for patient autonomy in a longitudinal and cross-curricular fashion.

**We believe that high-value care is an essential element of the actions that we take to ensure the well-being of individuals as well as the quality and sustainability of our health and social services system.**

### Partners of the Declaration:



## Partners of the Declaration (continued):

Communauté de  
pratique en ETMIS du  
Québec

