

1. Don't place, or leave in place, urinary catheters for incontinence, convenience or monitoring of output for non-critically ill patients
2. Don't transfuse red blood cell for arbitrary hemoglobin or hematocrit thresholds in the absence of symptoms, active coronary disease, heart failure or stroke
3. Don't let older adults lie in bed during their hospital stay unless an acceptable indication exists. Promote early mobilization
4. Do not prescribe indefinitely proton pump inhibitors in the absence of specific indications
5. In patients with chronic disease, reduce the number of concomitant medications to the necessary minimum
6. Don't dose troponin levels in patients at low risk for coronary artery disease with unchanged ECG's, and non-suggestive complaints
7. Do not place, or leave in place, peripherally inserted central catheters for patient or provider convenience
8. Don't start a treatment with antibiotics solely based on an elevated CRP level in immune competent patients without clinical signs of sepsis
9. Do not prescribe long term intravenous antibiotic therapy in the absence of specific indications
10. Do not infuse saline solutions before urinary spot analysis in hyponatremia.