

## □ Procedural Maximalism: Definition

**Procedural maximalism** describes a clinical approach characterized by the **routine or premature use of multiple procedures or interventions**, based on the assumption that **combining treatments yields superior outcomes**—regardless of supporting evidence.

Key features:

- “More procedures” are equated with “better care”,
- Driven by technological enthusiasm, institutional culture, or commercial influence,
- Often ignores the principles of parsimony and patient-centered care.

Risks of procedural maximalism:

- Overtreatment and increased complication rates,
- Higher healthcare costs,
- Dilution of evidence quality,
- Loss of clinical clarity and therapeutic restraint.

In essence, it reflects a **“do everything” mindset** instead of a **“do what matters” philosophy**.

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Last update: **2025/06/20 14:37**

