Narratives written by trainees should describe: 1) unnecessary care resulting in harm or harm that was narrowly avoided; or 2) the misdiagnosis of patient preferences that subsequently led to unnecessary care and harm, or harm that was narrowly avoided. Manuscripts should be between 600 and 800 words, provide a clinical vignette that documents overuse of medical care, and a summary of the evidence that documents that the care provided was unnecessary.

**Authors:** 3 or fewer. The first author must be a trainee

**Format:** Suggested 600 and not more than 800 words, including a clinical vignette headed “Story from the Front Lines” (an engaging story with enough clinical information for readers to understand the clinical issues) and a summary of the clinical issues headed “Teachable Moment” (a succinct summary of the clinical issues, stating the evidence for over-testing or over treatment and suggesting an alternative approach).

**References:** 5 or fewer.