## Shared Decision Making

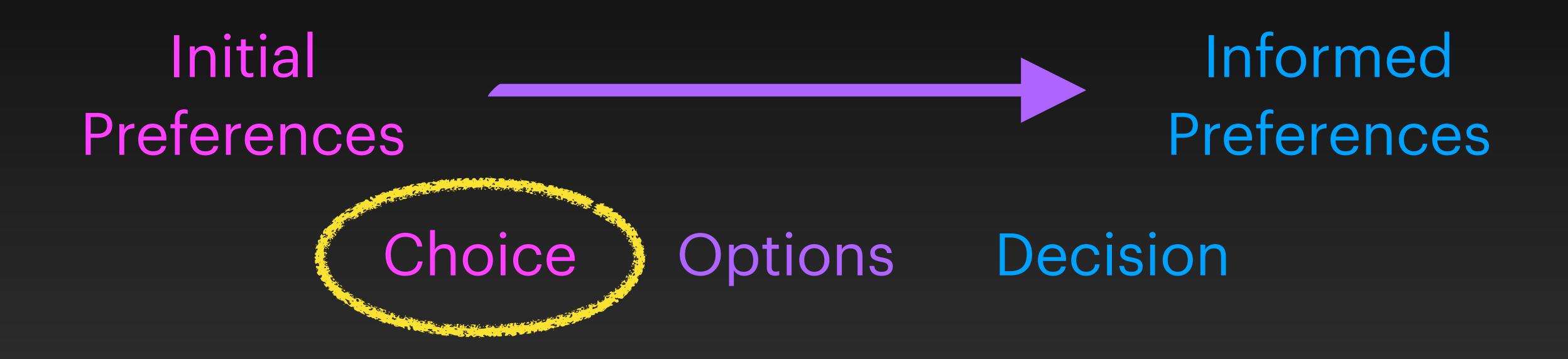
#### Evidence Based Medicine

Relevant Clinical Scientific Judgment Evidence EBM Patient Values & Preferences

Initial Preferences

Informed Preferences

Choice Options Decision



## Choice

The patient needs to understand that they have a choice and that their input is a key part of delivering good care.

## Choice

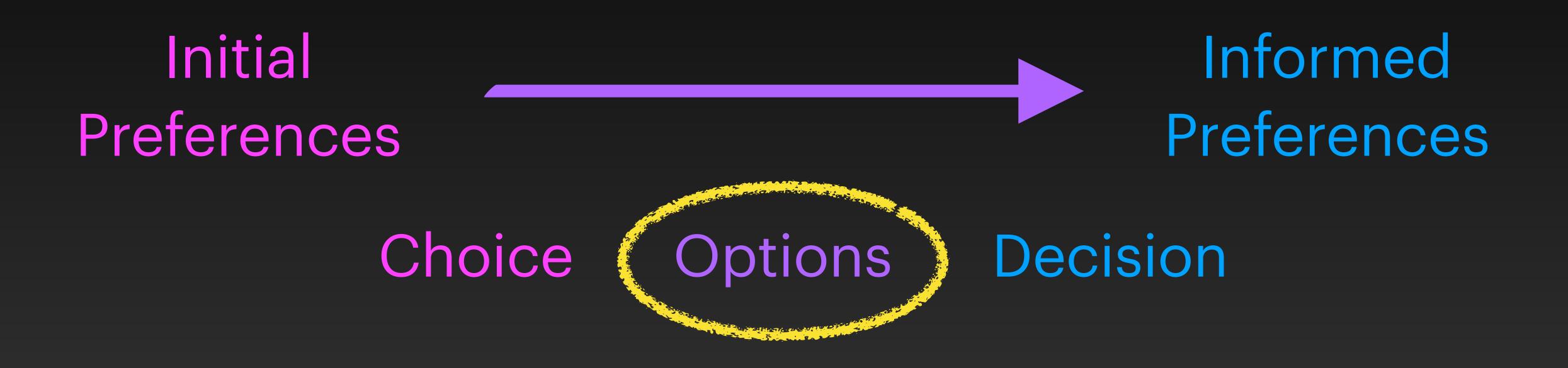
Why might patients think they don't have a choice?

How could we make sure they know they DO have a choice?

What problems might bringing up the option of choice raise?

## Choice

We need the patient's input when deciding on a management plan, so we must make it clear that we want it and the effort to get it.



## Options

To make a good choice, the patient needs to understand the options that are available and the relative benefits and risks *for them*.

# Options

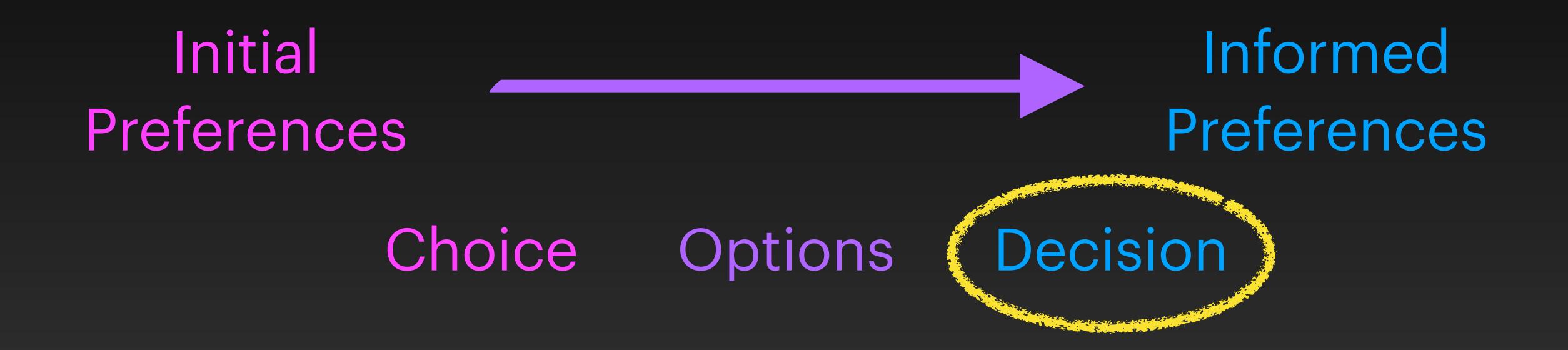
Is there a best way to present options?

How could we support patients during this process?

Do we need to stay neutral when presenting options?

# Options

A clear presentation of options helps patients understand the uncertainty of medicine and the need to make a decision together.



### Decision

From the options available, patients need to make the choice about their treatment that is best for them.

## Decision

What might patients find hard about making a decision?

How could we help support the decision making process?

What do you find hard about making decisions?

## Decision

Based on their personal preferences the patient makes a decision with the active support of the clinician.

Initial Preferences

Informed Preferences

Choice Options Decision





https://www.bmj.com/content/357/bmj.j1744

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3445676/

#### **Shared Decision Making Resources**



