

Essential Steps to Shared Decision Making - SHARE



- S** - Seek your patient's participation.
- H** - Help your patient explore and compare treatment options.
- A** - Assess your patient's values and preferences.
- R** - Reach a decision with your patient.
- E** - Evaluate your patient's decision.

Step 1: Seek your patient's participation

Communicate that a choice exists and invite your patient to be involved in decisions.

Patients have a right to understand their treatment options. They may choose not to participate, but try to engage them in their healthcare decisions whenever possible.

Tips for engaging your patient

- Summarize the health problem.
- Let your patient know about any options for their health problem.
- Ask your patient to participate with the healthcare team in making healthcare decisions.
- Include family or caregivers in discussions.
- Remind your patient that his or her participation is important.

Step 2: Help your patient explore and compare treatment options

Discuss the benefits and harms of each option.

Many healthcare decisions have multiple treatment options, including the option of no care. Often no single option is clearly superior. Use evidence-based decision-making resources to compare the treatment options.

Tips for exploring treatment options with your patient

- Assess what your patient already knows about his or her options.
- Write down a list of the options and describe them in plain language.
- Clearly communicate the risks and benefits of each option. Explain the limitations of what is known and unknown about the treatment options and what would happen with no treatment.
- Communicate numbers in a way that your patient can understand. Use simple visual aids (graphs, charts, pictographs) to help your patient understand your explanations.
- Offer evidence-based decision aid tools whenever possible.
- Summarize by listing the options again.
- Use the teach-back technique to check for understanding. Ask your patient to explain in his or her own words what the options are.

Step 3: Assess your patient's values and preferences

Take into account what matters most to your patient.

An optimal decision is one that takes into account patient values and treatment goals.

Tips for assessing values and preferences

- Encourage your patient to talk about what matter most to him or her.
- Ask open-ended questions.
- Listen actively to your patient. Show empathy and interest in the effect that a problem is having on your patient's life.
- Acknowledge the values and preferences that matter to your patient.
- Agree on what is important to your patient.

Note: What matters most to your patient?

It might be:

- Recovery time.
- Out-of-pocket costs.
- Being pain free.
- Having a specific level of functionality.

Step 4: Reach a decision with your patient

Decide together on the best option and arrange for a follow-up appointment.

Guide your patient to express what matters the most to him or her in deciding the best treatment option. When your patient is ready, he or she will make a decision. Your patient may also choose to delegate the decision to someone else.

Tips for decision making

- Help your patient move to a decision by asking if he or she is ready to make a decision.
- Ask if your patient would like additional information tools such as educational materials or decision aids to help make a decision.
- Check to see if your patient needs more time to consider the options or discuss them with others.
- Confirm the decision with your patient.
- Schedule follow-up appointments to carry out the preferred treatment or active surveillance.

Step 5: Evaluate your patient's decision

Support your patient so the treatment decision has a positive impact on health outcomes.

For many decisions, particularly those related to the management of a chronic illness, decisions can and should be revisited after a trial period.

Tips for evaluation of the decision

- Monitor the extent to which the treatment decision is implemented.
- Assist your patient with managing barriers to implementing his or her decision.
- Revisit the decision with your patient and determine if other decisions need to be made.