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Service Providers – Empowering Patients Through Shared Decision Making”

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Wellness Week Workshop

September 18, 2024

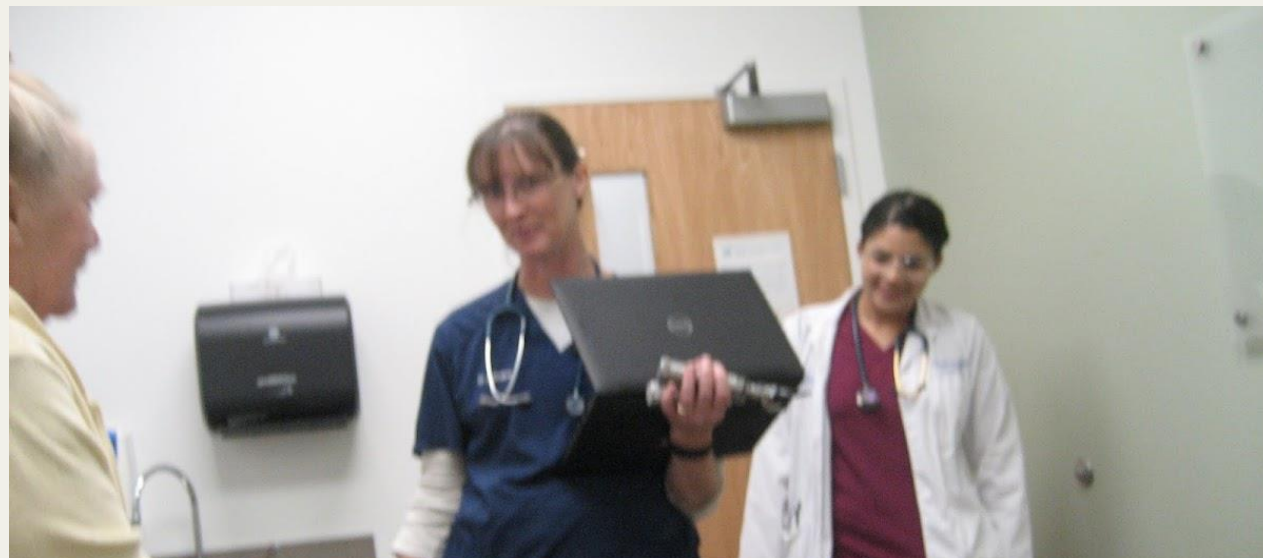


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Objective

This workshop introduces shared decision making (SDM) and patient decision aids. Participants will be able to explain how patient decision aids can support evidence that SDM increases patient knowledge and involvement in decisions, improves risk perception, and reduces decisional conflict and uncertainty.

When you make an appointment to see your doctor, whether if its for a routine check-up or for a new health issue, there is more to do than just calling the office to schedule the appointment and showing up on time.



HAVE YOU EVER LEFT THE DOCTOR'S OFFICE FEELING LIKE:



- What did I come for?
- Have you ever felt embarrassed to ask your doctor a question?
- Ever left the doctor's office confused!
- Not remembering anything he/she said!
- Overwhelmed!

HOW DID THAT MAKE YOU FEEL?



What is Authentic Shared Decision Making



Shared decision making (SDM) is a management paradigm that empowers patients as partners in their own care in a bidirectional exchange of information and values and optimize the decision-making process.

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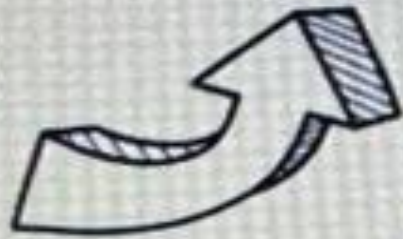
- DISCUSS
- DEBATE
- DECIDE

optimal patient care



Shared Decision Making

Evidence-based
Medicine



Patient-centred
Communication

YES!!

Implementing shared decision making is challenging but **possible**.

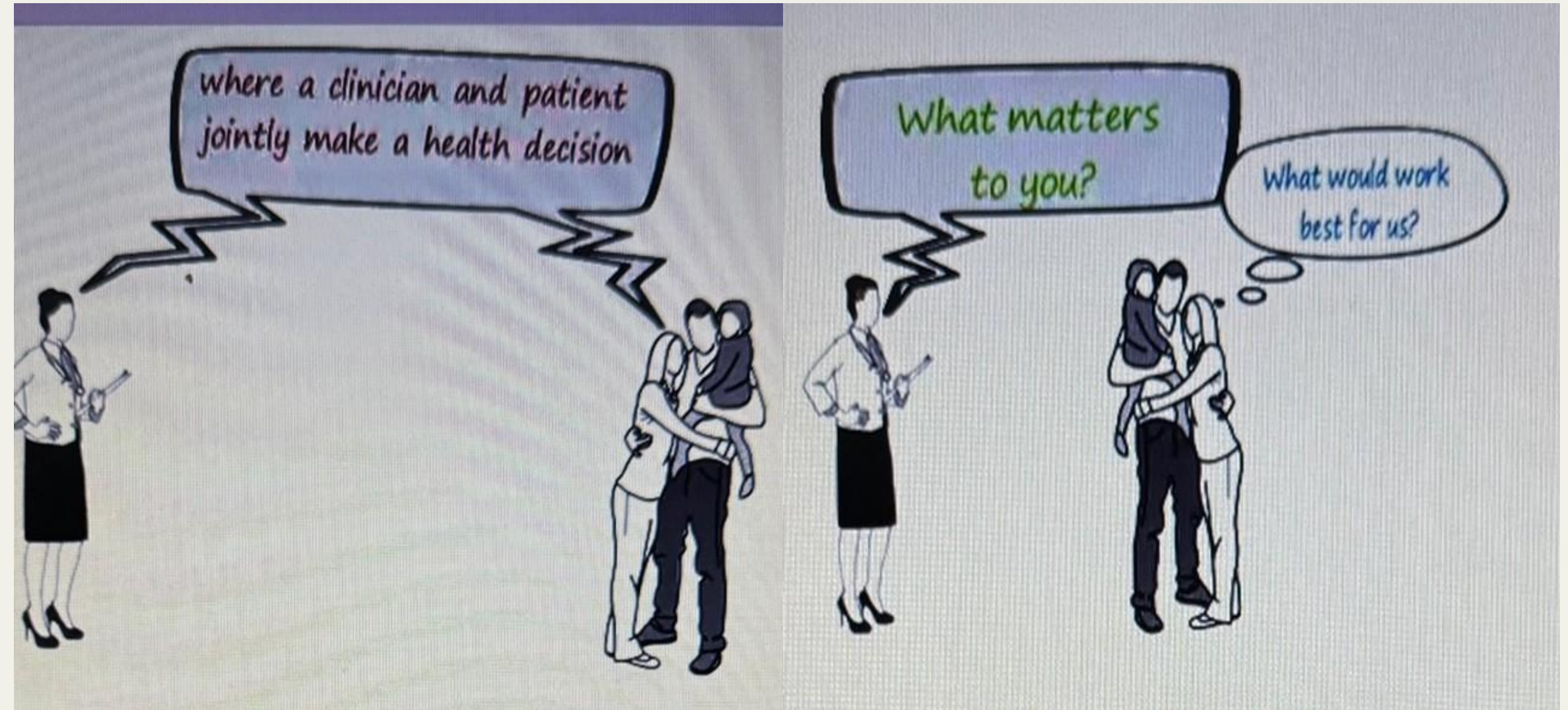
No one intervention will succeed in isolation. It requires interventions to support organizations and decisionion aids!

**IS SHARED DECISION MAKING
POSSIBLE???**

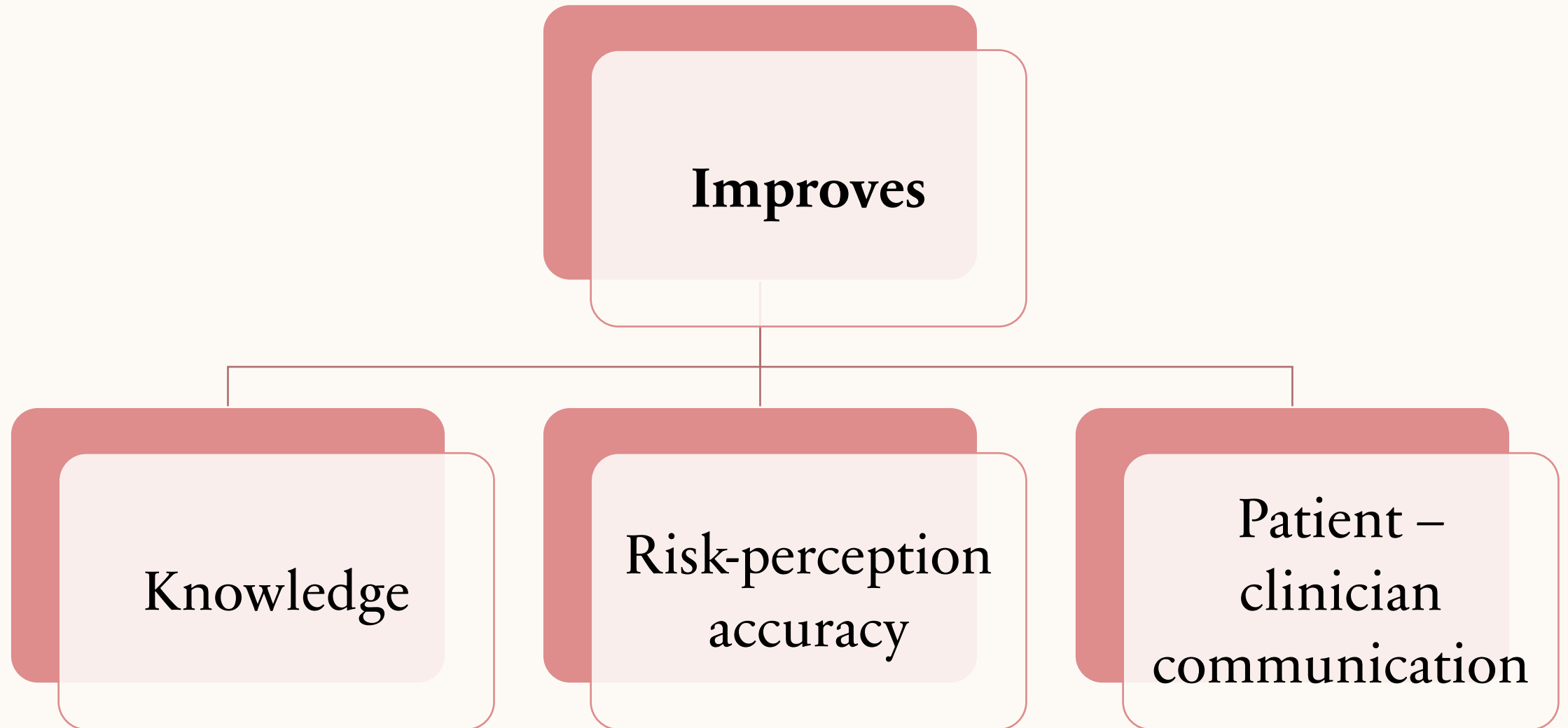
What are decision aids

Decision aids are a **part of a shared decision making process, complementing but not replacing clinical counseling.** They are best used when there is more than one reasonable option for care.

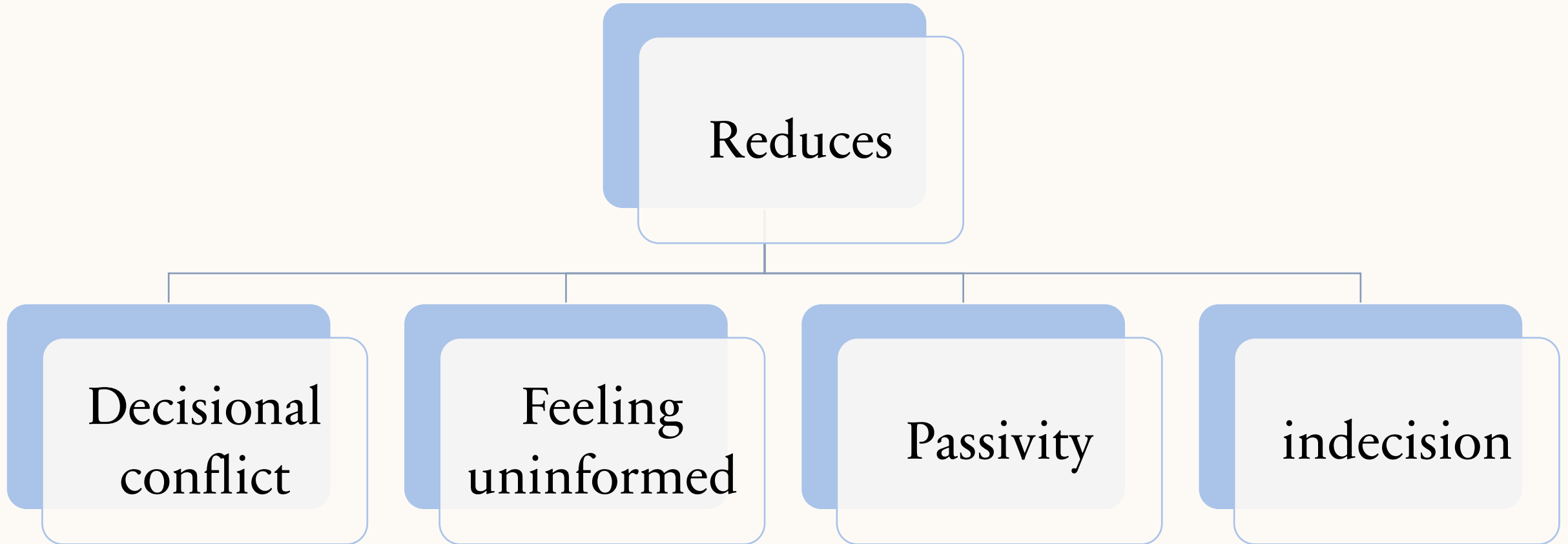
What are decision aids



BENEFITS OF DECISION AIDS



BENEFITS OF DECISION AIDS



AN EXAMPLE, OF DECISION AIDS ..

could help a pregnant woman decide whether to attempt a natural birth after having a cesarean. Research shows that PDAs lead to increased knowledge and a more accurate understanding of risk. When using a PDA, more patients feel comfortable with the decisions they make and the care they receive.



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EXAMPLES OF DECISION AIDS



Choosing a Health Care Proxy- Institute for Healthcare Improvement



A step-by-step guide to choosing your health care agent/proxy.



Created by The Conversation Project and the Institute for Healthcare Improvement.

EXAMPLES OF DECISION AIDS



Patient Values Questionnaire



A list of questions that can help you think about your values as they relate to medical care decisions. You may use the questions to discuss your views with your health care agent and others, or you may write answers to the questions as a help to your agent and health care team.

EXAMPLES OF DECISION AIDS



MEDICAL SITUATION &
TREATMENT WORKSHEET



A WORKSHEET TO HELP YOU THINK THROUGH POSSIBLE TREATMENT PLANS
FOR COMMON MEDICAL SITUATIONS THAT MAY ARISE.

EXAMPLES OF DECISION AIDS



Conversation starter Kit



A starter kit to help you organize your thoughts and talk to your loved ones about end-of-life care.

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Checklist for Advance Directives



A reminder of things that might be good to check on as you plan and fill out an Advance Directive.

LET'S WATCH A SHORT VIDEO!!





Thank You!