

Shared Decision-Making Aids for Providers and Patients

What is a shared decision-making (SDM) aid?

SDM aids are tools that help individuals work together with their providers to make the best plan of care for their needs and situation. SDM is a collaborative process through which providers support patients in making decisions about tests, treatments and care plans based on clinical evidence. SDM aids also support individuals with low health literacy by incorporating videos, step-by-step guides and appropriate reading levels.

The **SHARE Approach** was developed by the Agency for Healthcare Research and Quality to support the training of health care professionals on how to engage patients in their health care decision-making.

- 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

What are the benefits of SDM aids?

- Consider provider's knowledge and experience
- Consider the patient's values, preferences and health literacy
- Allow patients to see the logic of, give careful thought to and provide input on what is being decided
- Reduce uncertainty and increase adherence to treatment
- Promote trust and collaboration between the patient and provider

CalOptima Health provides evidence-based clinical practice guidelines and examples of SDM aids:

American College of Cardiology — Atrial Fibrillation: Tools to help work with your patient to make informed decisions about atrial fibrillation, aortic stenosis and heart failure.

Substance Abuse and Mental Health Services Administration — Decisions in Recovery: Treatment for Opioid Use Disorder Handbook: Guide to assist providers and members in making choices about opioid use disorder treatment.

Mayo Clinic — Diabetes Medication Choice: Guide on how to promote medication adherence by allowing choice in deciding on antihyperglycemic agents to optimize glycemic control.

American Medical Association — Heart Disease Interactive: Video to assist patients in selecting the optimal treatment (medical management or surgical intervention) for aortic stenosis.

University of Pittsburgh Medical Center — Hypertension SDM for Patients: Video to assist patients in collaborating with their provider to reach a decision on an optimal medication regimen or lifestyle change to control hypertension.

Cancer Center Ontario — Treatment for Kidney Failure: SDM video tool that provides support for the provider and patient in making quality treatment choices when renal replacement therapy is needed.

