An Introduction Shared Decision Making in Clinical Practice

Brought to you by:

Objectives

- Understand the key components and principles of SDM
- Learn about the patient and provider experience with SDM
- Consider strategies to implement SDM in practice
Patient Centered Care

Providing care that is respectful of and responsive to individual patient preferences, needs, and values and ensuring that patient values guide all clinical decisions.

- The Institute of Medicine: Crossing the Quality Chasm

Mary’s Story

- 70 year old woman
- She has recently been diagnosed with early stage breast cancer.
- She has diabetes and walking is difficult for her.
- Her husband recently passed away and she does not like to drive so transportation is also difficult for her.
There are 2 experts in the room

- The provider understands the medical evidence
- The patient knows their preferences and values
- Each expert needs the other to be successful

"DIAGNOSIS" OF PATIENT PREFERENCES

Key Components of SDM

- Knowledge
- Know about all options including doing nothing
- Discuss Risks
- Discuss Benefits
- Understand patient preferences and values and include them in the decision

Why is SDM important?

- Decisions are often complex
- Knowledge can’t be assumed
- Risks and benefits are not well understood.
- Patients want to make a good choice but may not be sure what to do
- Providers can make incorrect assumptions about what patients want
The basics of making a decision

“Can you pick up some milk at the store on your way home?”

Where should I live?
Informed consent has issues

- Average patient comprehension of IC is 48%
  - Fink et al J Am Coll Surg 2010; 210:919-926
  - Percentage of post-operative rectal cancer surgical patients who recalled discussion of:
    - Surgical outcome: 87%
    - Impact on bowel function: 53%
    - Impact on sexual function: 53%
    - Impact on urinary function: 43%
    - Only about 20% were aware of any specifics of the discussion

There are ways to improve

- Schenker et al, Med Decis Making 2011; 31:151-173
- Systematic review of interventions to improve informed consent
  - 44 studies included
  - Written materials, video, extended discussion, teach back techniques
  - Each strategy had studies that showed improvement but there were small numbers of good quality studies
- Bernat and Peterson, Arch Surg 2006; 141: 86-92
  - Review of the medical, ethical and legal basis of the doctrine of Informed Consent
Can decision aids help?

- In 86 trials in 6 countries of 34 different decisions (Stacey et al. Cochrane Database of Systematic Reviews. 2011, Issue 10. Art. No.: CD001431) use has led to:
  - Greater knowledge
  - More accurate risk perceptions
  - Lower decision conflict
  - Greater participation in decision-making
  - Fewer people remaining undecided
  - 15% fewer men choosing PSA tests

Important Challenges for Shared Decision Making

- What outcomes do we expect? Should we expect?
  - Lower costs and utilization
  - Getting patients to follow “the plan”
  - Decrease liability
- Should we take a more simple approach?
  - “It’s the right thing to do.”
  - The goal is an informed decision that is based on patient values and medical evidence.
  - How often does this happen in everyday practice?
How to think about SDM implementation

- Attitude
- Process
- Tools

Barriers to the process

- A sense of “I already do this” combined with a lack of knowledge about SDM
- Time
- Cost
- It’s another thing to do
- Patient needs for other things
- Difficulty with change in roles and process
- How fast can this go from a good idea to a proven way of improving the lives of our patients?
Opportunities to offer decision support

- Before the visit
- During the visit
- After the visit

Clinical Implementation Pearls

- It is a team effort
- Developing consistent processes
- Started small and built on success
- Carefully choose our tools
- Willing to do things differently
- Measure what we are doing
Clinical Implementation Pearls

- **Find the right moment** to offer support.
- Use a **warm handoff** where the patient feels support all along the way.
- It takes **time** for patients to get comfortable with the information they need to know.
- Encourage patients to **express their preferences and values**

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