

Shared Decision Making

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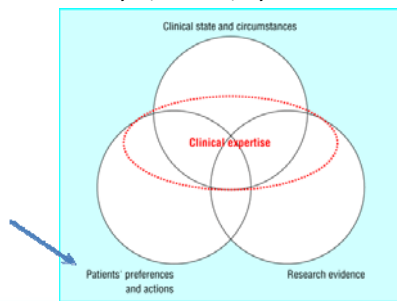
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“Evidence does not make decisions – people do”

Haynes, Devereaux, Guyatt *BMJ* 2002



“Informed and Shared Decision Making: The Crux of Patient Centred Care”. (Weston *CMAJ* 2001)

- What is it? The elements:
 - Identify choices
 - Roles in decision making?
 - Information preferences?
 - Present evidence
 - Ideas, concerns & expectations?
 - Address partnership
 - Negotiate decision
 - Agree action plan

» Towle & Godolphin *BMJ* 1999

Does Shared Decision Making Happen?

- **In outpatient primary care 10-20% of the time**
 - Braddock *JAMA* 1999
 - Campion *BMJ* 2002
 - Elwyn *Qual Saf Health Care* 2003
 - Towle *Health Expectations* 2006
 - Young *Arch Intern Med* 2008

Why not? Doctor factors

- No 'natural' place in learned interview script.
- Roles & preferences are 'awkward'
- Assumptions – "I know my patients."
- They address ideas, concerns & expectations about the *problem* but not about the *management*.
- The evidence is rarely known.
- Established communications are difficult to change.
- Time
- 'The system' – protocols & guidelines
- Tension between the ethics of autonomy & beneficence

Why don't patients ask?

- **Anxiety** – feeling intimidated
 - **Futility** – inability to make a difference in the relationship
 - **Time** – doctor always busy
 - **Reluctance to bother the doctor** – perception of health care system under great strain
 - **Language** – medical jargon
 - **Memory** – forgets intent to talk about something
 - **Maintenance of good rapport** – important to get the best possible health care
- Towle et al Patient Educ Couns 2003

What will make a difference?

- **Professional 'rules'** – e.g., General Medical Council UK *'Consent: Patients and Doctors Making Decisions Together' 2008*
- **Information technology – Internet** – e.g., Wikis & Social media
- **Decision aids**
- **Personally controlled health records**
- **Education** – e.g., Royal College of Physicians & Surgeons of Canada *'Can MEDS Framework' 2005*
- **My hobby:** *"Where's the patient's voice in health professional education?"*



**Does Shared Decision Making Happen?
In outpatient primary care 10-20% of the time.**

- 9% of consultations with surgeons and primary care physicians meet full criteria for informed decision making Braddock *JAMA* 1999
- "... Checking of understanding, and the involving of patients in decision making ... are rarely demonstrated" [in video taped consultations submitted for MRCPG examination]. *Campion BMJ* 2002
- Distinguishing elements of shared decision making occurred in 0-11% of audio taped patient interviews with general practitioners Elwyn *Qual Saf Health Care* 2003
- 6 family doctors attended an ISDM training workshop. Of 196 audio taped encounters: 27% met *minimal* criteria (options mentioned). Towle *Health Expectations* 2006
- Of 287 audiorecorded interactions by 152 primary care physicians average OPTION score was 11 out of possible 48. None were over midpoint. Young *Arch Intern Med* 2008

***"Initiative to Transform Medical Education"*
AMA (USA) 2007**

- **Physicians are:**
 - Trained to believe it is important to have "the answer."
 - Socialized to be "in charge."

***"Consent: patients and doctors making
decisions together"* GMC (UK) 2008**

- **Whatever the context in which medical decisions are made, you must work in partnership with your patients**
- **You must:**
 - Listen, and respect their views.
 - Discuss what their diagnosis, prognosis, treatment and care involve.
 - Share the information they want or need to make decisions.
 - Maximise patients' opportunities, and their ability, to make decisions for themselves.

“CanMEDS Framework”

Royal College of Physicians & Surgeons of Canada

- **As Communicators,**
 - Physicians enable patient-centered therapeutic communication through shared decision-making ...

“Four principles of family medicine”

College of Family Physicians of Canada

- **Family physicians**
 - Are skilled at providing information to patients in a manner that respects their autonomy and empowers them to “take charge” of their own health care ...