

# Shared Decision-Making Overview



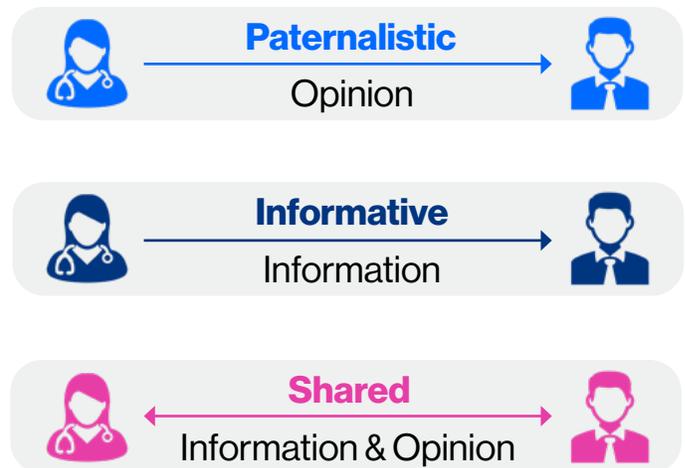
According to the Agency for Healthcare Research and Quality, studies show many providers believe patients are not interested in participating in healthcare decision-making. However, evidence suggests patients want more information than they are given and would like to be involved.

Many patients do not know that they can and should participate in decisions about their healthcare. Shared decision-making (SDM) is a patient-centered process that engages patients, their care partners and the healthcare team in collaborative decision making.

SDM supports patient-centered care and is different from paternalistic or informative decision-making where the physician provides their opinion or information to the patient and then a decision is made.

### Shared Decision-Making:

- Is a collaborative process
- Involves providers partnering with the patient to explore and compare treatment options
- Takes into account the best scientific evidence available
- Identifies and takes into account patient values and preferences
- Honors the patient's right to be fully informed about all care options and the potential harms and benefits
- Honors the provider's expert knowledge
- Allows patients and their providers to make health care decisions together



### Shared Decision-Making Benefits Include:

- Valuing and supporting individual self-determination
- Increasing patient knowledge and understanding of their health
- Helping the patient understand what the providers are trying to do
- Having more realistic expectations from treatment
- Decisions and choices aligning with patients' preferences and values
- Improving patient satisfaction
- Ensuring patients are better informed with more accurate risk perceptions
- Building a lasting and trusting relationship
- Patients being more likely to follow through on their decision