



## Series #3

# Shared Decision Making

### Seek your patient's participation.

“During the last three treatments we have noticed that your weight gains have been higher than they were before. Extra fluid can make your heart work harder and is often harder to remove during the amount of time you are on dialysis. There is some information I'd like to share with you and answer any questions before we decide on what the next steps should be.”

## Shared Decision Making Case Example

Shared Decision Making (SDM) is an important component of patient-centered care. Much of the literature about SDM focuses on making major treatment decisions but shared decision making should be a part of everyday treatment discussions that impact the patient's plan of care.

This two-sided sheet will use the SHARE approach to guide an example of shared decision making in practice with the common challenge of increased fluid gains between treatments.

**S**eek your patient's participation.

**H**elp your patient explore and compare treatment options.

**A**ssess your patient's values and preferences.

**R**each a decision with your patient.

**E**valuate your patient's decision.

### Help your patient explore and compare treatment options.

#### Assess Knowledge

“What have you heard about how extra fluid can affect you?”

#### List and review pros and cons of options.

“There are a few options we can talk about. Each may have different effects for you compared with other people, so I want to describe them:

1. Diet and fluid restrictions- We can look at your diet and help you with a plan to work on limiting your fluids between treatments.
2. You will be in charge of this and it will take more effort on your part to change any habits like limiting salt intake. Fluid gains would need to be under \_\_\_\_\_ between treatments.
3. Increase treatment time- We could increase the amount of time you are on dialysis from 3.5 to 4 hours; this would require you to be at dialysis longer so your schedule would change. Staying for your full treatment could be a challenge as it has been in the past.
4. Change nothing and continue to monitor- this would risk more fluid gathering around your heart and lungs. You may not see a difference right away but it can do permanent damage.”

#### Use teach-back to check for understanding about their options.

“I want to make sure I explained the options well, tell me what you heard me say.”



## Assess your patient's values and preferences.

### Encourage your patient to talk about what matters most.

“As you think about your options, what matters most to you? Which of the potential side effects worries you the most?”

### Ask open-ended questions, show empathy and interest.

“Which of the options fit best with the treatment goals we've discussed? How would each of these options affect your daily life?”

### Listen actively to your patient.

“I'm having trouble already with making changes in my diet and I don't make my own food. I also do a lot of work outside which makes me thirsty. Increasing my time worries me because of transportation and I already get anxious when I'm on the machine. I am not feeling too bad right now but don't want to start feeling out-of-breath. My time outside of dialysis however, is more important to me than limiting my fluids. I think I could get the amount down over time.”

### Acknowledge the values and preferences that matter to your patient.

“It sounds like having more time away from dialysis is more important to you and worth the extra effort it will take to manage your fluid intake better.”

## Reach a decision with your patient.

### Help your patient move to a decision.

Staff: “What additional questions do you have or are you ready to make a decision about your next step?”  
Are there any other people you would like to involve in the discussion? Now that we've had time to discuss the options, which do you think is right for you?”

Patient: “I'd like to work on my diet and how much I drink more closely keeping them at less than \_\_\_\_ between each treatment.”

### Verify the decision and next steps to be taken.

“We'll plan to continue to monitor for the next few weeks to see how you are doing with decreasing the gains between treatments.”

## Evaluate your patient's decision.

### Continue to follow up assisting in managing barriers to success.

“Let's plan on reviewing the decision next month to see how it is going for you.”