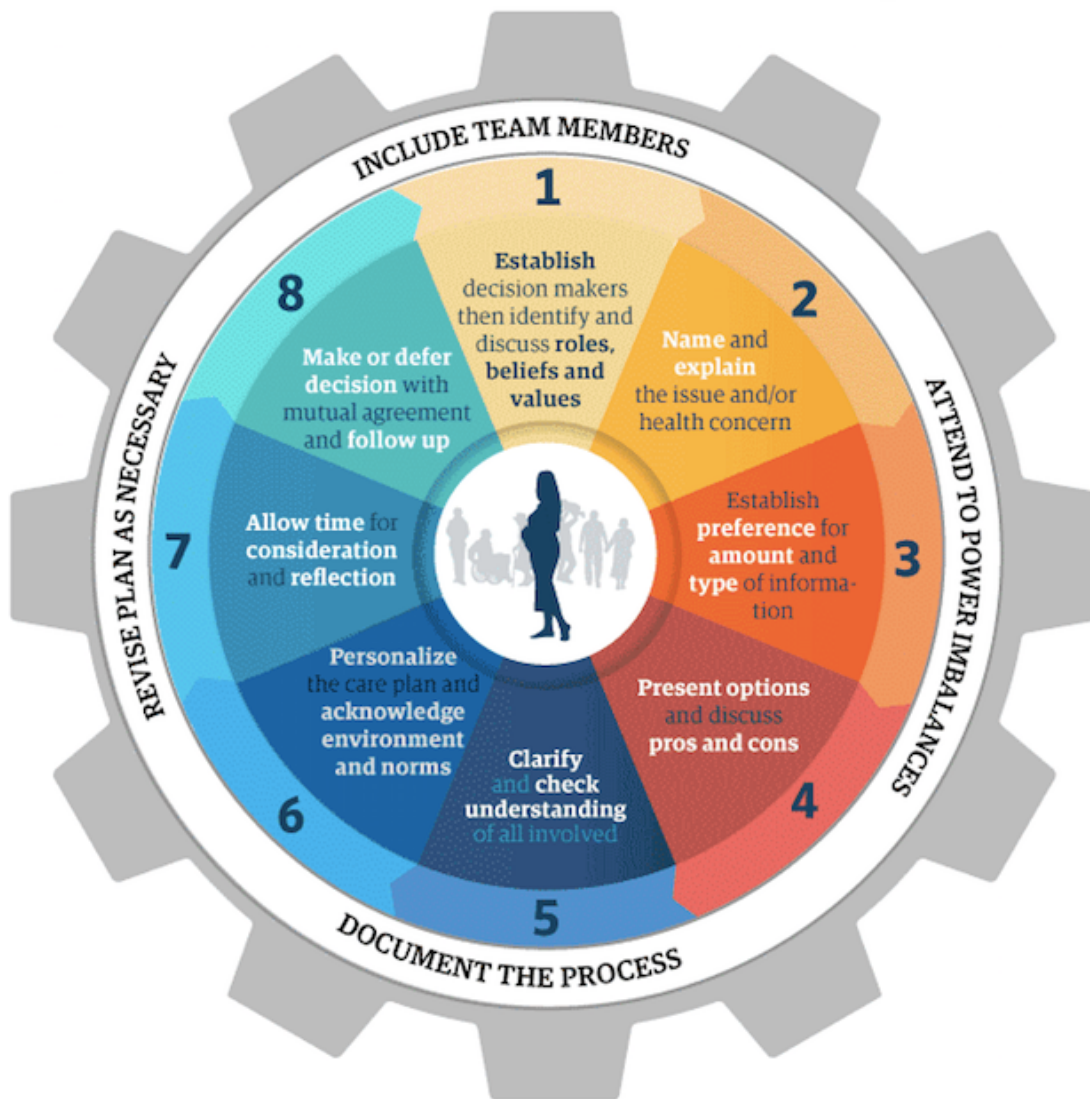


Person-Centred Decision Making

Key Elements

Person-Centred Decision Making



Clarify who will be included and what their roles will be in the decision making process. Ask about their beliefs and values.

Clearly identify and explain the problem that is the main focus for the decision.

Assess the person's preferred approach to receiving information to assist decision making including depth of information, health literacy.

Discuss the literature, clinical guidelines, and research surrounding the topics, or know where to find this information.

Check in with the person to ensure comprehension and ensure that any questions are responded to.

Facilitate interpretation of options, benefits, and risks within their context and values. Discuss the environment and the feasibility of their preferred option.

Check in to identify personal needs for time to reflect or consider options. Allow for consultation with family or others, reviewing of resources, and additional queries that arise.

Make a clear decision or defer the decision explicitly. A follow up plan should be set regardless of whether decision was made or deferred.

INCLUDE TEAM MEMBERS	ATTEND TO POWER IMBALANCES	DOCUMENT THE PROCESS	REVISE PLAN AS NECESSARY
Take an inter-professional approach by including every member of the team.	Verbally create a safe environment and invite contribution from everyone. Avoid making assumptions.	Document the information exchange each and every time one of the eight elements are addressed.	Be open to revising the plan when conditions or patient preferences evolve or change.

The **SHARE** Approach

Essential Steps of Shared Decision Making

Five steps for you and your patients to work together to make the best possible health care decisions.

Step 1:

Seek your patient's participation

Communicate that a choice exists and invite your patient to be involved in decisions.

Step 2:

Help your patient explore and compare treatment options

Discuss the benefits and harms of each option.

Step 3:

Assess your patient's values and preferences

Take into account what matters most to your patient.

Step 4:

Reach a decision with your patient

Decide together on the best option and arrange for a followup appointment.

Step 5:

Evaluate your patient's decision

Plan to revisit decision and monitor its implementation.



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Effective Health Care Program

www.ahrq.gov/shareddecisionmaking

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