

Shared Decision Making

What is shared decision making?

Shared decision making is a process in which clinicians and patients work together to make decisions and select tests, treatments and care plans based on clinical evidence that balances risks and expected outcomes with patient preferences and values. Shared decision making helps you evaluate all available options—weigh your personal values, goals and priorities against unbiased medical evidence—in order to make informed decisions at every stage of your care.

How it works:

- Your clinician presents an unbiased view of the pros and cons for all options, including “do nothing.” This may require you to do homework (read about a treatment, watch a video, etc.) and then return for further discussion.
- You tell your clinician about personal factors that might make one option seem better than another. These include personal values, goals, preferences and circumstances.
- Together, you and your clinician use this information to decide which option best reflects your needs and values

The goals of shared decision making support you to be:

- More confident in your decisions
- More satisfied with your care
- Have greater trust in your healthcare team
- Feel less stressed, anxious, or regretful about your decisions