Doing and Teaching
Shared decision making

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Disclosure Statement

We do not have financial relationships or interests related to the content of this presentation.
Shared decision making is…

A conversation between clinicians and patients in which they think, talk, and feel through the situation.

Evidence-based options are hypotheses, which are tested in the conversation until the best solution for the situation becomes clear.
Shared decision making is…

What is the **situation** that demands **action**?

What are the **actions** that the **situation** demands?

Conversational dance

Maria-Louisa ≠ Patients like Maria-Louisa
Measuring SDM

Perspective of the

Patient
SDM-Q-9 pat

Clinician
SDM-Q-9 doc

Observer
OPTION
The 9-item Shared Decision Making Questionnaire (SDM-Q-9)

Please indicate which health complaint/problem/illness the consultation was about:

Please indicate which decision was made:

Nine statements related to the decision-making in your consultation are listed below. For each statement, please indicate how much you agree or disagree.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Disagree</th>
<th>Somewhat Disagree</th>
<th>Somewhat Agree</th>
<th>Strongly Agree</th>
<th>Completely Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. My doctor made clear that a decision needs to be made.</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>2. My doctor wanted to know exactly how I want to be involved in making the decision.</td>
<td></td>
<td></td>
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<tr>
<td>3. My doctor told me that there are different options for treating my medical condition.</td>
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<td></td>
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<td></td>
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<tr>
<td>4. My doctor precisely explained the advantages and disadvantages of the treatment options.</td>
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<td></td>
<td></td>
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<td></td>
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<tr>
<td>5. My doctor helped me understand all the information.</td>
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<td></td>
<td></td>
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<tr>
<td>6. My doctor asked me which treatment option I prefer.</td>
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<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>7. My doctor and I thoroughly weighed the different treatment options.</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. My doctor and I selected a treatment option together.</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. My doctor and I reached an agreement on how to proceed.</td>
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<td></td>
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</tr>
</tbody>
</table>
The 9-item Shared Decision Making Questionnaire (SDM-Q-Doc, physician version)

[Example] Please indicate which health complaint/problem/illness the consultation was about:

[Example] Please indicate which decision was made:

Nine statements related to the decision-making in the above mentioned consultation are listed below. For each statement please indicate how much you agree or disagree.

1. I made clear to my patient that a decision needs to be made.
   - completely disagree [ ]
   - strongly disagree [ ]
   - somewhat disagree [ ]
   - somewhat agree [ ]
   - strongly agree [ ]
   - completely agree [ ]

2. I wanted to know exactly from my patient how he/she wants to be involved in making the decision.
   - completely disagree [ ]
   - strongly disagree [ ]
   - somewhat disagree [ ]
   - somewhat agree [ ]
   - strongly agree [ ]
   - completely agree [ ]

3. I told my patient that there are different options for treating his/her medical condition.
   - completely disagree [ ]
   - strongly disagree [ ]
   - somewhat disagree [ ]
   - somewhat agree [ ]
   - strongly agree [ ]
   - completely agree [ ]

4. I precisely explained the advantages and disadvantages of the treatment options to my patient.
   - completely disagree [ ]
   - strongly disagree [ ]
   - somewhat disagree [ ]
   - somewhat agree [ ]
   - strongly agree [ ]
   - completely agree [ ]

5. I helped my patient understand all the information.
   - completely disagree [ ]
   - strongly disagree [ ]
   - somewhat disagree [ ]
   - somewhat agree [ ]
   - strongly agree [ ]
   - completely agree [ ]

6. I asked my patient which treatment option he/she prefers.
   - completely disagree [ ]
   - strongly disagree [ ]
   - somewhat disagree [ ]
   - somewhat agree [ ]
   - strongly agree [ ]
   - completely agree [ ]

7. My patient and I thoroughly weighed the different treatment options.
   - completely disagree [ ]
   - strongly disagree [ ]
   - somewhat disagree [ ]
   - somewhat agree [ ]
   - strongly agree [ ]
   - completely agree [ ]

8. My patient and I selected a treatment option together.
   - completely disagree [ ]
   - strongly disagree [ ]
   - somewhat disagree [ ]
   - somewhat agree [ ]
   - strongly agree [ ]
   - completely agree [ ]

9. My patient and I reached an agreement on how to proceed.
   - completely disagree [ ]
   - strongly disagree [ ]
   - somewhat disagree [ ]
   - somewhat agree [ ]
   - strongly agree [ ]
   - completely agree [ ]
English Version

OPTION Observing patient involvement
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<table>
<thead>
<tr>
<th>Rater Name</th>
<th>Clinician Code</th>
<th>Date of rating DD MM YY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Consultation number
Consultation duration (m, s)
Practitioner (M = 1, F = 2)
Patient (M = 1, F = 2)
New Consultation
Review Consultation
Composite Consultation

<table>
<thead>
<tr>
<th>Age</th>
<th>Sex</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

Description of index problem

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>The clinician draws attention to an identified problem as one</td>
</tr>
<tr>
<td></td>
<td>that requires a decision making process.</td>
</tr>
<tr>
<td>2</td>
<td>The clinician states that there is more than one way to deal</td>
</tr>
<tr>
<td></td>
<td>with the identified problem (‘equipoise’).</td>
</tr>
<tr>
<td>3</td>
<td>The clinician assesses the patient’s preferred approach to</td>
</tr>
<tr>
<td></td>
<td>receiving information to assist decision making (e.g. discussion,</td>
</tr>
<tr>
<td></td>
<td>reading printed material, assessing graphical data, using</td>
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<tr>
<td></td>
<td>videotapes or other media).</td>
</tr>
<tr>
<td>4</td>
<td>The clinician lists ‘options’, which can include the choice of</td>
</tr>
<tr>
<td></td>
<td>‘no action’.</td>
</tr>
<tr>
<td>5</td>
<td>The clinician explains the pros and cons of options to the</td>
</tr>
<tr>
<td></td>
<td>patient (taking ‘no action’ is an option).</td>
</tr>
<tr>
<td>6</td>
<td>The clinician explores the patient’s expectations (or ideas)</td>
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<tr>
<td></td>
<td>about how the problem(s) are to be managed.</td>
</tr>
<tr>
<td>7</td>
<td>The clinician explores the patient’s concerns (fears) about</td>
</tr>
<tr>
<td></td>
<td>how problem(s) are to be managed.</td>
</tr>
<tr>
<td>8</td>
<td>The clinician checks that the patient has understood the</td>
</tr>
<tr>
<td></td>
<td>information.</td>
</tr>
<tr>
<td>9</td>
<td>The clinician offers the patient explicit opportunities to ask</td>
</tr>
<tr>
<td></td>
<td>questions during the decision making process.</td>
</tr>
<tr>
<td>10</td>
<td>The clinician elicits the patient’s preferred level of</td>
</tr>
<tr>
<td></td>
<td>involvement in decision-making.</td>
</tr>
<tr>
<td>11</td>
<td>The clinician indicates the need for a decision making (or</td>
</tr>
<tr>
<td></td>
<td>deferring) stage.</td>
</tr>
<tr>
<td>12</td>
<td>The clinician indicates the need to review the decision (or</td>
</tr>
<tr>
<td></td>
<td>deferment).</td>
</tr>
</tbody>
</table>

Score | Description
-----|--------------------------------------------------------|
0     | The behaviour is not observed.                         |
1     | A minimal attempt is made to exhibit the behaviour.    |
2     | The behaviour is observed and a minimum skill level    |
|     | achieved.                                            |
3     | The behaviour is exhibited to a good standard.         |
4     | The behaviour is exhibited to a very high standard.    |
Louis Theroux: LA stories of life and death
Welcome to the Statin Choice Decision Aid.

This tool will help you and your doctor discuss how you might want to reduce your risk for heart attacks.

Let's get started

Caution: This application is for use exclusively during the clinical encounter with your clinician.
Current Risk of having a heart attack
Risk for 100 people like you who do not medicate for heart problems

Over 10 years
8 people will have a heart attack
92 people will have no heart attack

Future Risk of having a heart attack
Risk for 100 people like you who do take standard dose statins

Over 10 years
6 people will have a heart attack
92 people will have no heart attack
2 people will be saved from a heart attack by taking medicine
Practice with conversation tools

4 min  Patient, clinician, observer
       Short debrief in small groups

4 min  Switch roles
       Short debrief in small groups

Debrief with 2 other groups
Plenary debrief
http://SharedDecisions.MayoClinic.org

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