

Making Shared Decisions

What is shared decision making?

Patients/caregivers and doctors can work together to make choices. This is called shared decision making. Patients/caregivers and doctors select tests, treatments and care plans. Doctors use their medical knowledge to narrow down the options. Patients/caregivers explain their preferences and values. Together they decide which plan has the least risk and the most benefit. It also helps doctors explain different plans so that patients/caregivers understand what they have to do next.

When patients/caregivers are a part of shared decision making they...

- Learn about their health and understand their current issues
- Recognize that a choice needs to be made and learn about their options
- Understand benefits and risks of different options
- Work together with their doctor to make the right choice for them
- Can be comfortable with the plan they made with their doctor

Does it make a difference?

Yes! Shared decision making helps doctors and patients/caregivers agree on a health care plan. It helps create a trusting relationship between the doctor and patient. Patients/caregivers following shared decision making are less likely to regret their decision, and more likely to stick to their treatment plan.

How to prepare:

- Write down your personal values and preferences
- Write down the questions you have for your doctor
- Bring the list to your next appointment with your healthcare provider

Interested in learning more? Ask your doctor or health care provider.

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