

Shared Decision-Making Tool



What is Shared Decision Making?

Shared Decision Making is where patients/caregivers and doctors work together to make choices about selecting tests, treatments and care plans. Doctors use their medical knowledge while patients/caregivers explain their preferences and values. Together they decide which plan has the least risk and the most benefit.

How can I use this tool?

To make a decision, participants in Shared Decision Making should feel knowledgeable, supported and certain about their choice. You can use this tool to assist with your Shared Decision Making by organizing your personal values and preferences. Write down the questions to bring with you to your next appointment with your health care provider.

What decision are you making?

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Who is making this decision with you?

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When does this decision need to be made?

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What stage of decision making are you? (circle one)

Haven't thought about it	Thinking about it	Close to making a decision	Have made a decision
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Weigh the options to the decision you would like to make

1. In the table below, list up to three options for the decision that you want to make.
2. For each option, list up to two benefits and risks for each.
3. Then based on your values and preferences rate each benefit and risk that matters to you by circling either “none”, “a little”, or “a lot”
- 4.

	Benefits to this option	How much does this benefit matter?	Risks to this option	How much does this risk matter?
Option 1:		None		None
		A little		A little
		A lot		A lot
		None		None
		A little		A little
		A lot		A lot
Option 2:		None		None
		A little		A little
		A lot		A lot
		None		None
		A little		A little
		A lot		A lot
Option 3:		None		None
		A little		A little
		A lot		A lot
		None		None
		A little		A little
		A lot		A lot

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Do you have questions for your health care provider about the decision you are making?

	Questions
1	
2	
3	
4	

Next Steps?

Bring this tool with you to your next appointment with your health care provider.

Have Questions? Ask your doctor or health care provider.