Shared Decision Making
At the heart of patient-centred care

BOOK YOUR DECISION COACH
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How It Works

1. Decision options outlined by health care professional with patient.
2. Patient books an appointment with Decision Coach.
3. Together, you review the options. The risks, harm, side effects and the relative value of those effects.
4. Follow up with health care team to discuss preferred course of action.

Decision Examples

- Medication options
- Surgical options
- Aggressive treatments
- Screening and diagnostic testing
- Clinical trial participation
- Medical devices
- Developmental transitions
- Respiratory interventions
- Intensity of care
- Plan of care
**What is Shared Decision Making?**

Shared decision making brings together the patient and their health care professionals during key decision points of the patient’s journey.

Supported by a Decision Coach outside the traditional circle of care, the process helps:

- **Patients and their caregivers** understand the risk, harm and benefits of key medical decisions
- **Health-care professionals** understand the patient’s values, needs and concerns

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**Role of the Decision Coach**

- Offers a supportive, neutral and non-directive process
- Provides coaching face-to-face, on an individual or group basis, by telephone, email, online or through telehealth
- Facilitates access to evidence-based information
- Clarifies decisions and monitors patient’s needs
- Verifies understanding, clarifies values, builds skills in deliberation, communication, and accessing support
- Monitors and facilitates progress in decision making
- Develops the patient’s skills in understanding their options, preparing for a consultation and implementing change

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**Tools and Resources**

**Decision Aides** are well-researched tools that make the options, benefits and risks clear for making medical decisions.

**Decision Aides** help patients clarify personal values and set the foundation for patients to make an informed, values-based choice in partnership with their clinician and loved ones.

One example of a Decision Aide is the [Ottawa Family Health Decision Guide](www.cheo.on.ca/uploads/OFDG.pdf), which has three key elements:
1. Decisional needs
2. Decision outcomes
3. Decision support

The guide weighs the pros and cons, identifies supports and clarifies values with the aid of a decision coach.

**Dr. Craig Campbell**

.Shared Decision Making allows health-care professionals and patients to collaborate on medical-decision making through a process that involves evidence-based decisions and patients’ values.

- Dr. Craig Campbell