



my VOICE

Shared Decision Making *Pilot study*

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Shared Decision Making (SDM)

- Shared decision-making is an **interactive** and **collaborative** process between individuals and their health care providers that is used to make health care decisions pertinent to an individual's **personal recovery**. *Source SAMSHA*

<http://mentalhealth.samhsa.gov/consumersurvivor/shared.asp>



***Evidence
Based
Medicine***

***Shared
Decision
Making***

***Patient
Preferences***





I
LOVE MY
VOICE!



So why don't
they want to
listen???

Richard Scarry 2004

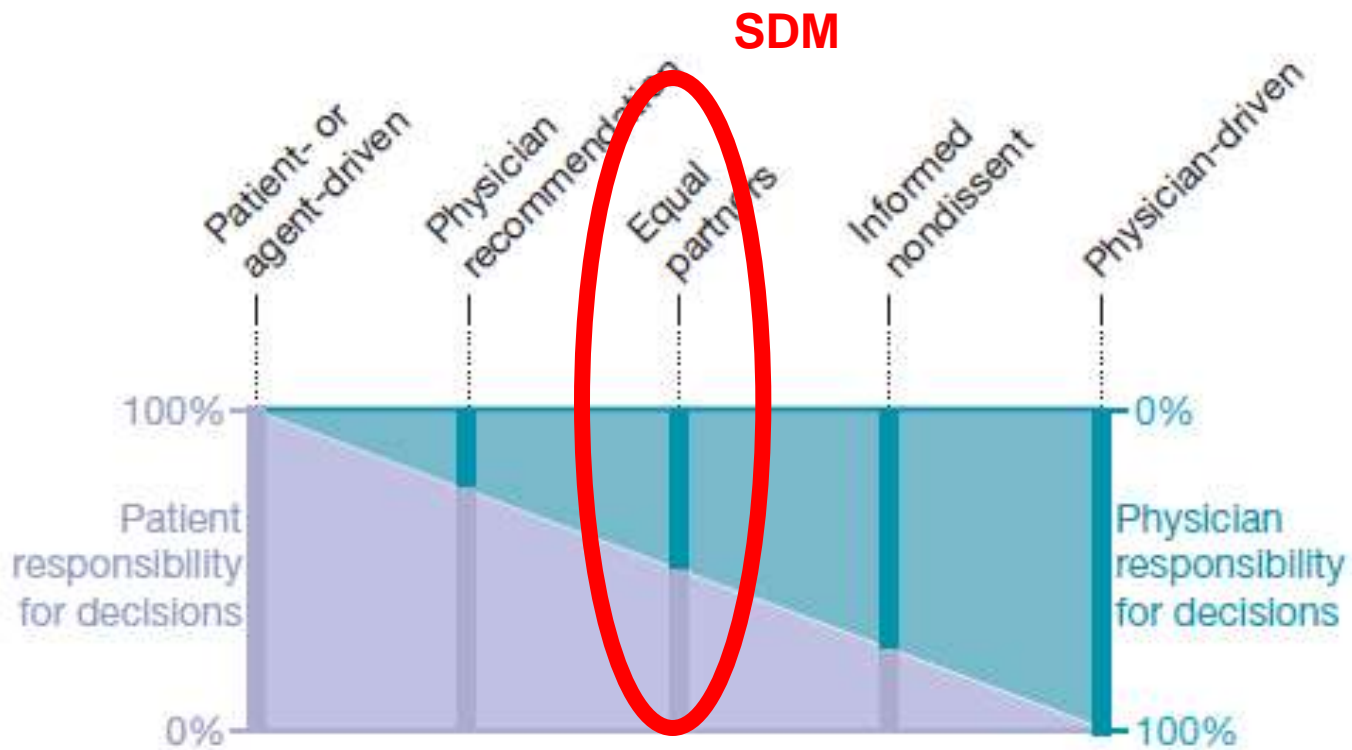
Patient's Expanding Role in Decision Making

- Relationship: paternalism → partnership
- Broader access to information
- Expanding clinical options
- Rising costs
- Ascendancy of chronic illness
- Complex tradeoffs
- Greater accommodation of personal values

Wolf, AIM, 2005

Decision Making Continuum

Figure. Shared Decision-Making Continuum



What causes decisional conflict?

There are 2 sources of decisional conflict

- Uncertainty in the choice i.e. there are both positive and negative effects
- Modifiable factors
 - Lack of knowledge
 - Unrealistic expectations
 - Unclear values
 - Unclear perception of others
 - Social pressure
 - Lack of support
 - Lack of skills/confidence – e.g. I've never had to make such a choice
 - Lack of other resources – e.g. support groups in the region

Why is Shared Decision Making Important?

- Many clinical decisions involve value judgments. Interventions have different benefits/risks that patients and clinicians value differently.
- **There is no single right answer for everyone.**
- Ethical, legal and cultural principles of patient autonomy and informed consent.

Whose choice is it?

- Decisions about use of antipsychotics are not just professional decisions; they are also very **personal decisions** (*Drake and Deegan, 2009*)

So what is our project???

- Phase 1 - Assess Baseline and complete staff/consumer survey, request volunteers for project.
- Phase 2 - Develop & implement training program for staff/consumers, commence using valid measuring tools around SDM
- Phase 3 – data collection for 6 month period
- Phase 4 – project completion and dissemination of outcomes

Voices & Choices

My

My problem/issue

V

Values of the consumer – what is important to them?

O

Options for treatment – what is the evidence and benefits/risks of each treatment option.

I

Information – what further information does the consumer want/need?

C

Choice – Do you/they feel comfortable making this choice?.

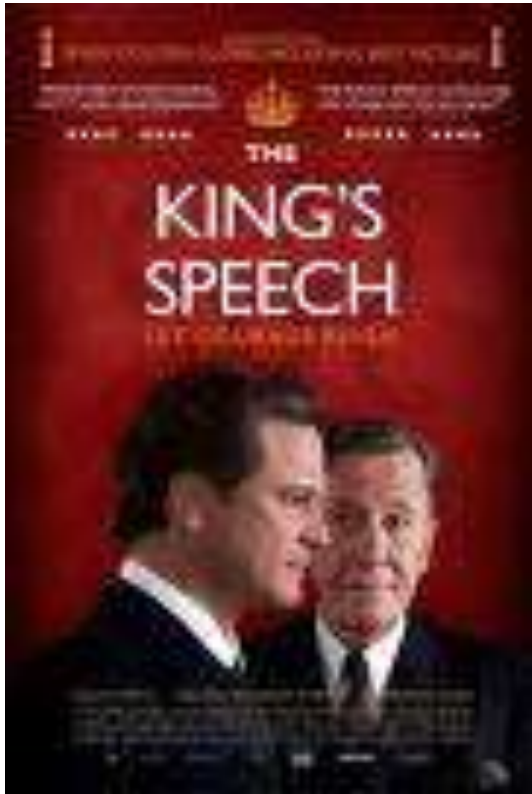
E

Empathy – Expressing empathy conveys understanding and respect.

Decision Aids – computer or paper

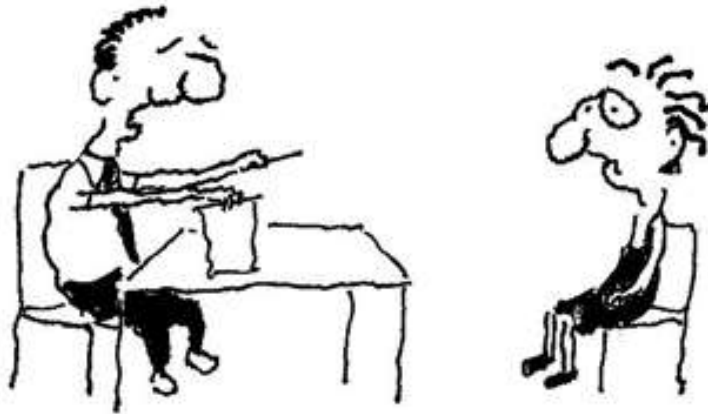


“I have a voice”
“Yes. Yes you do”



PRESENTER

I'D LIKE YOU TO RATE ME AS
A ~~THERAPIST~~, USING ONLY THE
WORDS "BRILLIANT", "INCISIVE"
AND "EXTRAORDINARILY PERCEPTIVE" ...



J. WRIGHT

Decision Aid Resources

International Patient Decision Aids Collaboration:

<http://ipdas.ohri.ca/>

Ottawa Patient Decision Aids: <http://decisionaid.ohri.ca/>

Dartmouth Center for Decision Making:

http://www.dhmc.org/shared_decision_making.cfm

Mayo Clinic Wiser Choice Program:

http://mayoresearch.mayo.edu/mayo/research/ker_unit/decision-aids.cfm

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Shared Decision-Making

Shared decision-making is an interactive and collaborative process between individuals and their health care providers that is used to make health care decisions pertinent to an individual's personal recovery. This approach is consistent with the values of choice, self-determination, and empowerment and provides a means of enhancing consumer involvement in mental health care which has recognized benefits for positive treatment outcomes.

- [Shared Decision-Making \(SDM\): Making Recovery Real in Mental Health Care Project](#)
- Shared Decision Making Webinars
 - [Shared Decision Making in Mental Health: Panel Discussion on Consumer Perspectives and Experiences - January 21, 2010](#)
(video presentation)
 - [Shared Decision Making in Mental Health: Panel Discussion on Consumer Perspectives and Experiences - January 21, 2010](#)
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 - [Introduction to Shared Decision Making in Mental Health - November 12, 2009](#)
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 - [Shared Decision Making in Mental Health: Panel on Service Provider Perspectives and Experiences - April 8, 2010](#)
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 - [Shared Decision Making in Mental Health: Panel on Service Provider Perspectives and Experiences - April 8, 2010](#)
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- [Examples of Mental Health Decision Aids](#)
- Cool Tools
 - [Conversation Starters](#)
 - [Questions to Ask about Complementary and Alternative Medicines](#)
 - [Questions to Ask about Medication](#)
 - [Shared Decision Making Skills for Providers and Helpers](#)
 - [Side Effect Profile Chart](#)
 - [Tips for Talking to Providers](#)