“Professional assessment in conjunction to patient based decision making tools – a way of facilitating a changing health and social care culture.”

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The Disposition of the presentation

- Introduction
  - A changing ideology
  - Decision making models
    - Roles

- Bearing concepts
  - Participation
  - Patient Participation
  - Decision making
  - Shared Decision Making

- Decision making in Practice
  - Decisional Conflict Scale
  - Ottawa Decision Support Framework

- The challenge of the future
A changing ideology

A passive “care taker”

An active “informed citizen”

Laws and regulations supporting patient involvement

- Conditions for “GOOD CARE”
  - Health and Medical Act (SFS 1983:763)
  - Patient Safety Act (SFS 2010:659)

- It seems to be easier to know “what to do” then to know “how to do it”.
Research and educational programs in shared decision making

- Canada, United States and the United Kingdom
- 10 countries in North America, Europe (Germany, France, Netherlands, Italy), Australia and Asia is under way with investigative and clinical work in shared decision making.
- 6th International Shared Decision Making conference will be organized in the Netherlands, summer 2011

The springboard – the model of shared decision making

- Respect for patients’ autonomy
- The communication between the healthcare provider and patient
- Patient information
Decision making models

Roles involved in shared decision making

Active role
- A. I prefer to make the decision about which treatment I will receive
- B. I prefer to make the final decision about my treatment after seriously considering my doctor’s opinion

Collaborative role
- C. I prefer that my doctor and I share responsibility for deciding which treatment is best for me

Passive role
- D. I prefer that my doctor make the final decision about which treatment will be used but seriously consider my opinion
- E. I prefer to leave all decisions regarding treatment to my doctor
Bearing concepts

- Participation
- Patient participation
- Decision making
- Shared Decision Making

Participation

An established relation
A redistributed professional power and control
Shared information and knowledge
Active mutual involvement in intellectual and/or physical activities
Decision making

The process of choosing between alternatives, which may include doing nothing.

A competent decision maker needs to understand and consider:
- The course of action open to them
- The chances of positive and negative effects
- The desirability or value of these
Conflicted decision

Many health decisions have alternatives that have both desirable and undesirable outcomes. Desirable outcomes occurring partly with one option and partly with another one.

This means = choice dilemma or conflicted decision.

Decisional conflict

“the simultaneous opposing tendencies within the individual to accept and regret a given course of action” (Janis 1977)

“the uncertainty about which course of action to take when choice among competing actions involves risk, loss, regret or challenge to personal life values” (NANDA 1992)
Uncertainty

- The risks or scientific uncertainty about benefits or harms
- The need to make value judgements about potential benefits versus potential harms
- Anticipated regret over the positive aspects of rejected options

Shared Decision Making

- The communication between the patient and the professional as they consider a health care decision that involves a choice between two or more clinically reasonable options.

- The communication involves
  - Exchanging information about treatment evidence
  - Personal values
  - The tradeoffs among risks and benefits of each treatment alternative.
The process of shared decision making

Iterative process
- Educate the patient about their health care options
- Facilitating the incorporation of personal values into treatment care planning

Decision support tools (brochure, video, websites)
- Decision aids

The use of the shared decision making process

- Preference-sensitive care
- Interventions for which the clinical effectiveness evidence is unclear
- The risk of harm is considerable
- A wide range of opinion among patients about whether the particular intervention is congruent with their beliefs, values, and lifestyle

- Decision making strategy: Shared Decision Making

- Standards of care
  - Informed choice to accept or reject a recommended treatment
  - Patients with multiple chronic conditions – some treatment are clearly indicated and some are more
Decision making in Clinical Practice

- The Decisional Conflict Scale (DCS) for measuring personal perceptions of:
- Uncertainty in choosing options,
- Modifiable factors contributing to uncertainty such as feeling uninformed, unclear about personal values and unsupported in decision making, or
- Effective decision making such as feeling the choice is informed, values-based, likely to be implemented and expressing satisfaction with the choice.

Ottawa Decision Support Framework (ODSF)

- Decisional needs, Decision Quality, Decision Support
- [http://decisionaid.ohri.ca/docs/develop/ODSF.pdf](http://decisionaid.ohri.ca/docs/develop/ODSF.pdf)
  - General Decision Support Guides
    - Ottawa Personal Decision Guide
      [http://decisionaid.ohri.ca/docs/das/OPDG.pdf](http://decisionaid.ohri.ca/docs/das/OPDG.pdf)
    - Condition-Specific Patient Decision Aids
  - Information on the disease/condition, opinions, benefits, harms, scientific uncertainties
  - The probabilities of outcomes tailored to a person’s health risk factors
  - Values clarification such as describing outcomes in functional terms, asking patients to consider which benefits and risks matter most to them
  - Guidance in the steps of decision making and communication with others
Challenges of the future

- How to implement a shared decision making approach in the Swedish health care system?
  - Are patients’ and practitioners’ ready???
- How to use quality registers and national care programs in developing decision aids related to specific conditions?
  - Who will take the responsibility for the quality over time?
- How to adopt tools already been developed over sees?
  - In what way a tool developed in other countries usable in a Swedish context?

More readings

- Ottawa Hospital Research Institute  [www.ohri.ca](http://www.ohri.ca)
- O’Connor A. Recent Advances in Developing Patient Decision Aids to Promote Shared Decision Making
  - [http://decisionaid.ohri.ca/docs/develop/Annotated_Bib.pdf](http://decisionaid.ohri.ca/docs/develop/Annotated_Bib.pdf)
- Development toolkit [http://decisionaid.ohri.ca/resources.html](http://decisionaid.ohri.ca/resources.html)
- Implementation toolkit [http://decisionaid.ohri.ca/implement.html](http://decisionaid.ohri.ca/implement.html)
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