

Shared Decision Making: Pinnacle for Patient-Clinician Relationships

Farzana Hoque, MD, MRCP (UK), FACP

Assistant Professor of Medicine, Acting Internship Co-Director, Saint Louis University School of Medicine, Medical Director, SSM Health Saint Louis University Hospital, St. Louis, Missouri, USA.

*Correspondence: Farzana Hoque, MD, MRCP (UK), FACP Email: farzanahoquemd@gmail.com

Definition

Shared decision making (SDM) is an interactive, collaborative process where clinicians focus on the available best scientific evidence and patients' goals, preferences, and values to make healthcare decisions. ^{1,2} Clinicians assist patients to analyze potential risks, benefits, and outcomes to reach evidence-based and value-congruent medical decisions. SDM is concurrent with patient-centered care, a core value of our health system.

Traditional Paternalistic Approach Versus Shared Decision Making

Many clinical situations entail multiple reasonable options to choose from and are not always straightforward. Appropriate medical and surgical decision making to maximize treatment. outcomes can be complex even for a clinician. The traditional paternalistic approach is unidirectional; the clinician decides the best course of action and then presents it to the patient.1 Even if the patients are well-informed, their involvement could be within the boundaries of giving or not giving consent, and not adhering to the recommendations. SDM has been recommended to optimize patient involvement in healthcare decisions since the early 1980s. The U.S. Preventive Services Task Force (USPSTF) & the Institute of Medicine encourage clinicians to use SDM for preventive health and treatment recommendations to improve the quality of healthcare in the U.S. The shared decision making notion was inspired by "nothing about me, without me," in 1998 during a seminar Through the Patient's Eyes.1

Patients have the right to be informed and actively participate in their care decisions with a clear understanding of potential risks, benefits, and alternatives. A recent systematic review found that most patients prefer to be actively involved in their medical decision-making and perceived that physicians make the decisions more often than their preferences.² In this digital era inaccurate medical information which could be far from evidence-based is easily accessible. Clinicians must actively interact with patients to understand their knowledge and expectations and facilitate their comprehension of the probable outcomes before making medical decisions.

SDM is a bi-directional approach that offers a structured pathway where clinicians collaborate with patients by providing relevant evidence to patients to decide whether to accept any services or treatment depending on their preferences, circumstances, and core values. 12.3 For example, many screening recommendations have the potential for both benefits and harms. Individual patients might pursue different screening tests depending on their preferences and perspectives toward possible risks. SDM is crucial for patients to decide whether the benefits are worthwhile to pursue. Another commonly encountered clinical situation is the decision of anticoagulation in a patient with atrial fibrillation of high CHA2DS2-VASc score and significantly high bleeding risk. SDM elicits the understanding of patient and surrogate preference on a weighting between bleeding and thromboembolic stroke.

Shared Decision Making with Elderly Patients

The elderly patient population is a wide spectrum consisting of highly independent patients to patients with multimorbidity requiring significant assistance on daily activities from others. Shared decision making is critical for older adults with multiple chronic conditions as the best treatment for each

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