



RESEARCH SPOTLIGHT ON

Shared Decision Making

Most people want to be involved in decisions about their health care. But patients, their families, and their clinicians don't always know the best ways to discuss topics such as the possible trade-offs in choosing treatments or patients' personal preferences.

Shared decision making addresses these concerns. In shared decision making, patients and clinicians discuss diagnostic or treatment options, including their effectiveness and their potential benefits and harms, in ways that are designed to be easier for patients to understand. Patients are prompted to think about and communicate their preferences regarding treatment outcomes and other issues of importance to them. Clinicians and patients then decide on the care plan that makes the most sense given the patients' preferences.

Research has found that shared decision making can increase patients' satisfaction, result in changes to the care they receive, and improve their health outcomes.

Research Addressing Questions That Matter

PCORI supports studies comparing healthcare options to improve the evidence available to help patients and those who care for them make better-informed decisions. As part of that charge, we fund research comparing ways to improve communication about care options and evaluate approaches to shared decision making. We also fund projects to study the best ways to disseminate promising study results as well as projects to implement effective approaches to shared decision making.



PATIENT

I've had lower back pain for more than a year. I don't like taking painkillers every day, but I worry that surgery would keep me out of work for a long time. What choices would be best for me? How can I work with my doctor so we can decide on the best treatment for me?



CLINICIAN

Some of my patients don't take the medications I prescribe. How can I best understand what keeps them from doing so and how can I talk to them about a treatment plan that they will be likely to follow?



HEALTH SYSTEM ADMINISTRATOR

I'm convinced that shared decision making leads to better health outcomes and helps patients follow their treatment plans. How can I make it easy for our clinicians to take that approach?

Tools to Support Shared Decision Making

Decision aids are tools that provide information about available treatment options, help patients clarify their values and preferences, and encourage patients, their families, and clinicians to communicate effectively. Research has shown that patients who use decision aids are better informed about their options, have more accurate perceptions of risk, make decisions that are better aligned with their goals and preferences, and are more comfortable with their decisions. PCORI is funding several studies comparing decision aids and how to use them most effectively.

As of April 2019, PCORI has awarded

\$125 MILLION TO FUND 54

comparative clinical effectiveness research studies related to shared decision making.

STUDY SPOTLIGHTS

Shared Decision Making in the Emergency Department

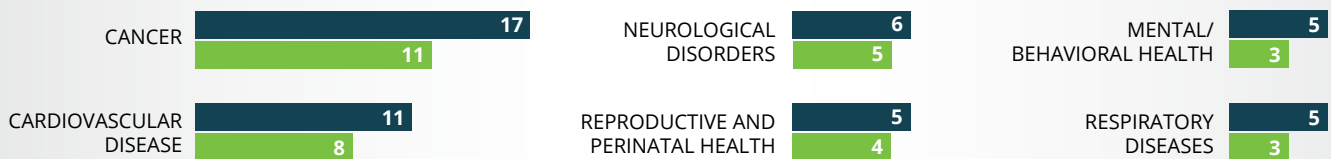
Although chest pain often sends people to emergency departments, many are not having a heart attack or other serious heart problem. Shared decision making, using a questionnaire called Chest Pain Choice, proved effective in helping people decide whether to stay in the hospital for evaluation or return home for later follow up. People who used the questionnaire knew more about their risk and care options and were more involved in their care decisions than people who didn't use it. Results appear in *The BMJ*. Further details about this project are at www.pcori.org/Hess030.

Promoting Informed Decisions about Lung Cancer Screening

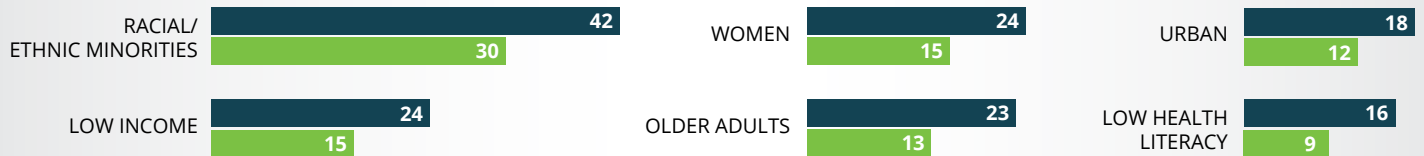
A video-based decision aid titled "Lung Cancer Screening: Is It For Me?" facilitates shared decision making by helping patients understand the risks and benefits of annual screening for lung cancer using low-dose computed tomography. This study is comparing the experiences and decisions that people make after viewing the video as compared to standard educational materials about screening. For more information about this project, visit www.pcori.org/Volk029.

BY THE NUMBER OF PROJECTS

Most Studied Conditions



Most Studied Populations of Interest



■ Shared Decision Making Studies ■ Patient Decision Aid