

HIMSS Oregon Chapter Population Health Event

February 15, 2017

Shared Decision Making: Using Technology to Guide Informed Decision Making

Medical decision making

- **Some medical decisions are easy**
 - Whether or not to use antibiotics for pneumonia
 - Have an appendectomy for appendicitis
- **But many medical decisions are hard**
 - Should I have a mammogram? (ages 40-49)
 - Should I take a statin every day for 10 years to prevent a heart attack or stroke?
 - Should I take strong blood thinner to prevent a stroke from my atrial fibrillation?
 - Should I get lung cancer screening?

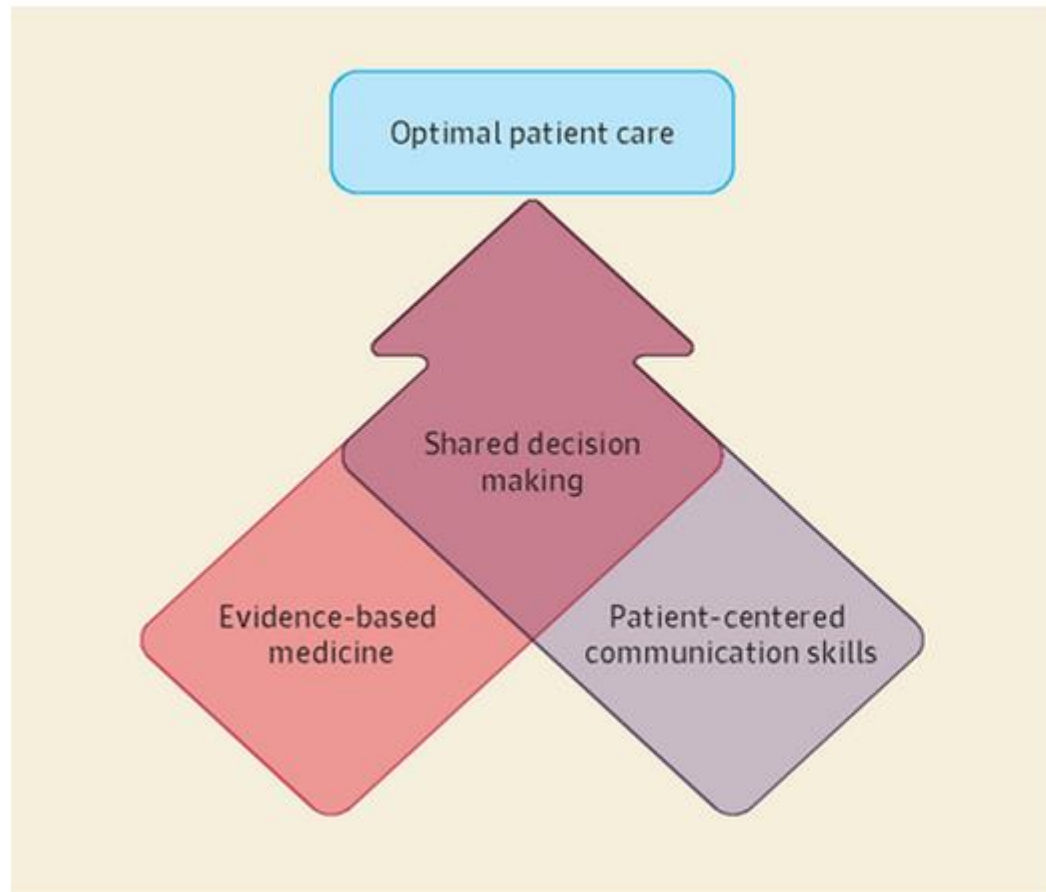
Patient perspective

- **May not feel fully informed at the end of a visit.**
 - Studies of dialysis patients have shown up to two-thirds say their doctors had not discussed with them the treatment's benefits or burdens.
- **May have a hard time understanding the absolute risks and benefits.**
 - CT scans pose a 1-in-2,000 chance of causing a fatal cancer.
 - Studies have shown that more than 60 percent of patients underestimate the risk of cancer from a CT scan.
- **May depend more on patient preference and values.**
 - For osteoarthritis of the hip, would you rather take the up front burden of surgery or wait and see if your quality of life is good without surgery?
 - Are you more worried about preventing a stroke or about the potential of having bleeding?

Clinician perspective

- **How do you expect me to do have time to do this?**
 - Is it realistic or feasible to do this in a 15-minutes appointment?
- **Can you help me present the most up to date evidence?**
 - There are more than 18,000 guidelines out there!
- **Can you help me have a better conversation?**
 - It'd be great if the patient had access to more information before our office visit so the conversation could be more efficient and effective.
- **I thought we were already doing it?**
 - “I always tell the patient about risks and benefits.”

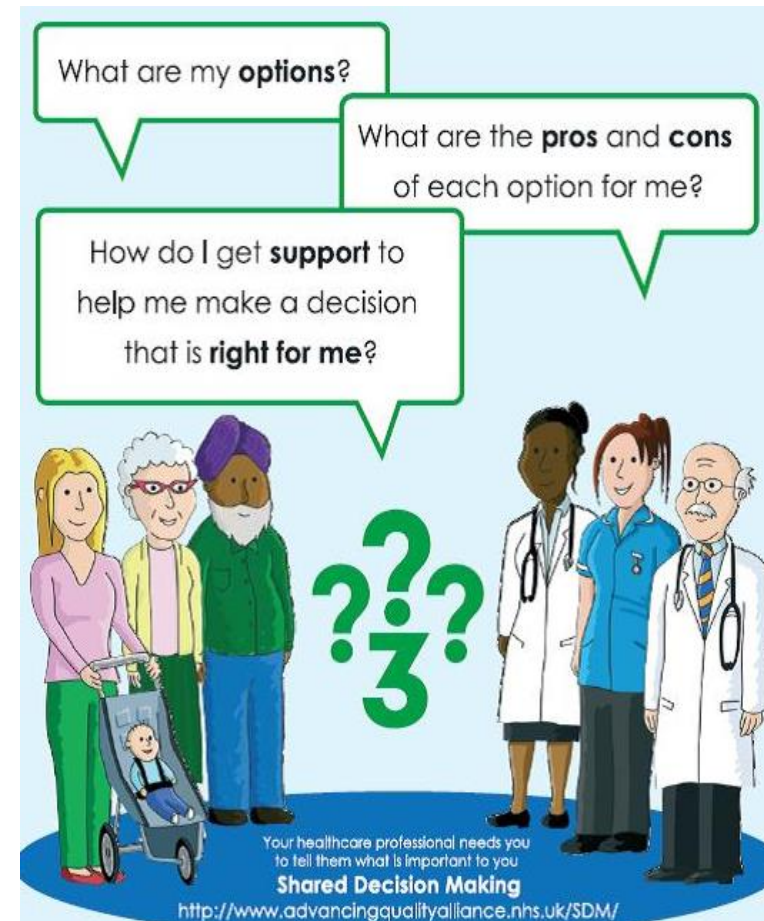
Shared decision making -- change in paradigm



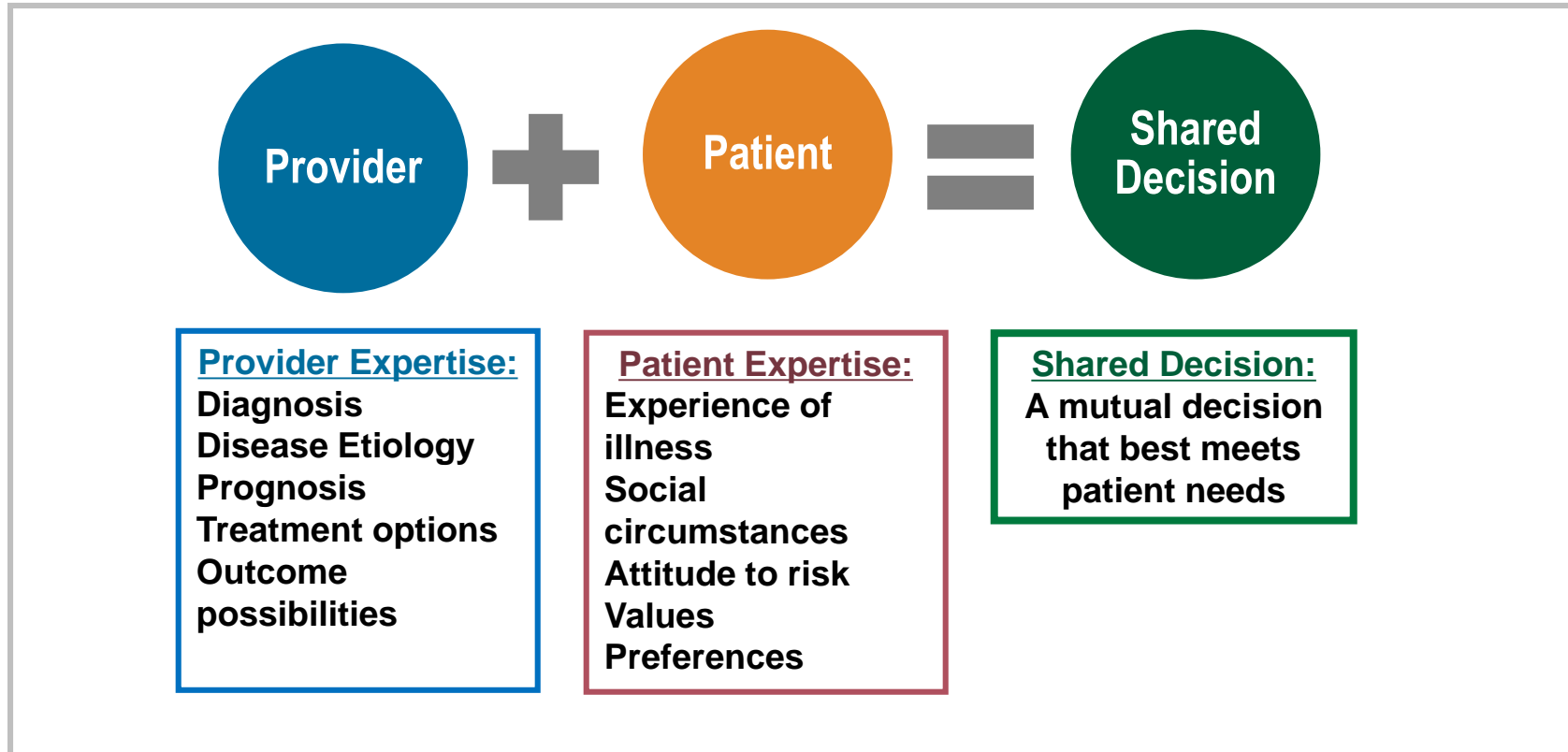
- A change in the paradigm from “the doctor is king or queen to the patient is the key.”
- It aims to “facilitate a conversation about choosing one treatment option over another between people with different types of expertise.”

The Three Questions

- What are my options?
- What are the pros and cons of each option?
- What support can you give me to help with the decision?



Two Experts



SDM is most useful when:

More than one treatment options

“Preference sensitive” conditions

Little evidence for one choice over another

Risks and benefits are close to equal

Shared decision making tools

- **Pre-visit**
- **During visit**
- **Post-visit**