Shared Decision Making

Shared decision making is a process of collaborative communication between a healthcare provider and a patient and/or their caregiver where both parties work together to make informed decisions about the patient's healthcare.

Goals of Shared Decision Making

To ensure that the patient's preferences, values, and needs are taken into account when making healthcare decisions, and that the patient is an active participant in their own care.

Why Use Shared Decision Making?

By working together, patients and providers can make informed decisions that optimize patient outcomes and improve overall quality of life.

What strategies can patients implement with their providers?

COME PREPARED

Share how your current treatment regimen works or doesn't work for you.

CLARIFY PREFERENCES

Be clear about your values and preferences related to treatment.

ASK FOR INFORMATION

Bring questions about your disorder, treatment options, and concerns.

DISCUSS CONCERNS

Sharing concerns can increase your comfort level with treatment options.

COLLABORATE

Open communication and discussion can lead to better patient outcomes.

SEEK A SECOND OPINION

Ensure that you have all that you need to make informed decisions.

What questions can patients ask their providers?

- What are my treatment options, and what are the benefits and risks of each option?
- How will each treatment option affect my quality of life?
- What are the potential side effects of each treatment option, and how can they be managed?
- How will the treatment options fit into my daily routine and lifestyle?
- How will the treatment options impact my ability to work, travel, or participate in other activities?
- Are there any factors that make certain treatment options more or less appropriate for me (e.g., age, other medical conditions)?
- How frequently will I need to receive treatment, and what is the duration of each treatment?
- What are the costs associated with each treatment option, and are there any financial assistance programs available to me?
- Are there any long-term effects of the treatment options that I should be aware of?
- Can you provide me with any educational materials or resources to help me make an informed decision?

What factors should patients consider during shared decision making?

- PERSONAL PREFERENCES AND VALUES
- TREATMENT GOALS
- MEDICAL HISTORY
- RISKS AND BENEFITS
- COST
- LONG-TERM EFFECTS
- LIFESTYLE FACTORS

Hemophilia Federation of America
HFA
Voice of the Community

For more information, go to www.hemophiliafed.org.