

## Shared Decision Making Resources

### Frequently Asked Questions

#### What is Shared Decision Making?

Shared Decision Making is a process that allows patients and healthcare providers to work together to select the best medical test or treatment for a patient.

Shared Decision Making:

- Engages the patient in the healthcare decision making process
- Provides accurate information about healthcare options and outcomes
- Tailors medical treatments to patients' goals and concerns

#### What are Decision Aids?

Decision Aids are tools to assist with the shared decision making process. Decision Aids will help you:

- Prepare for a medical visit
- Learn about medical tests and treatments
- Understand what research shows about benefits and risks of treatments
- Hear from patients who have faced a decision about medical tests and treatments
- Think through your goals and your personal preferences

#### Where Can I Find Decision Aids?

- MGH Decision Aids
  - See the Toolkit link for a list of 35+ decision aids available at Mass General
- Exploring your treatment options from the U.S. Agency for Healthcare Research and Quality
  - [effectivehealthcare.ahrq.gov/](http://effectivehealthcare.ahrq.gov/)
- A to Z Inventory of Decision Aids to search or browse for a decision aid
  - [decisionaid.ohri.ca/AZinvent.php](http://decisionaid.ohri.ca/AZinvent.php)
- Print free copies of the Ottawa Personal Decision Guide (OPDG). The OPDG is a decision aid that will help you work through any health-related decision.
  - [decisionaid.ohri.ca/decguide.html](http://decisionaid.ohri.ca/decguide.html)

#### How Do I Start a Shared Decision Making Conversation with a Patient?

- See the document “Six Steps to Shared Decision Making”
- **External Resources Links**
  - The John D. Stoeckle Center for Primary Care Innovation
    - [www.massgeneral.org/stoecklecenter](http://www.massgeneral.org/stoecklecenter)
  - Health Decision Sciences Center
    - <http://www.massgeneral.org/decisionsciences/>
  - Foundation for Informed Medical Decision Making
    - [www.informedmedicaldecisions.org](http://www.informedmedicaldecisions.org)



MASSACHUSETTS  
GENERAL HOSPITAL



THE JOHN D. STOECKLE CENTER  
FOR PRIMARY CARE INNOVATION



FOUNDATION FOR  
INFORMED MEDICAL  
DECISION MAKING

## What our patients are saying about Shared Decision Making

*PSA Test patient:*

- "I got a lot out of it. It was very well done. Happy holidays and thank you."

*Treatment Choices for Knee Osteoarthritis patient:*

- "Thank you! Besides the fact that my doctor was very kind, patient, and skilled today, the film did influence me to finally agree to have the surgery. I am finally at peace with the decision."

*Treatment Choices for Hip Osteoarthritis patient:*

- "Based on a conference with my primary care physician, and on a viewing of the very helpful information on a DVD that he prescribed, sent to me by Massachusetts General's Patient and Family Learning Center, I have decided that waiting for the surgery is the best decision."