Shared decision making: Discussion tool for healthcare providers

Your patient has been diagnosed with a type of blood cancer. You will be supporting them and their family in making important decisions.

This fact sheet will help you:

- Understand why shared decision making is important
- Learn tips to help you communicate well with your patient
- Understand their concerns
- Be prepared for questions from your patient and their family

Why shared decision making is important

Making decisions with your patient helps to make their preferences and values a priority. This ensures that you support them to:

- Get informed about their cancer diagnosis
- Consider and learn about all treatment options
- Understand the testing that will be done
- Develop the best care plan

About shared decision making

- It’s a process where the patient and healthcare team make decisions together
- It involves sharing information back and forth
- It helps the patient and family understand the diagnosis and treatment options
- It provides information about financial and support issues

Working with your patient and making decisions together is an important part of their cancer journey.
**Tips for communicating well**

Good communication between the healthcare team and the patient is important. Try these simple tips:

- Get to know your patient and establish a rapport
- Ask open-ended questions to gather more information
- Learn what the patient knows about their diagnosis and treatment and build on their knowledge
- Find out if they want you to explain their medical information to their caregiver and the best way to communicate with that person
- Let them know how they can get in touch with you by phone, email, or in person if they need more time or have other questions

**Try the P.A.C.E.S. approach to improve communication:**

- Present information
- Ask questions
- Check understanding
- Express concerns
- State preferences

**Discussing questions and concerns with your patient**

The **Discussion tool for people with a blood cancer** includes a list of concerns to help patients focus their questions for discussion with you at appointments. Their questions and concerns will help you create a treatment plan that considers their preferences and values.

**The patient checklist of concerns includes:**

- Treatment effectiveness
- Possible side effects
- Travelling to appointments and treatments
- Ability to take part in daily activities
- Finances
- Challenges staying on a medication schedule at home
- Fear of relapse
- Other issues

**The SHARE approach**

5 essential steps of shared decision making

- **S**eek your patient's participation
- **H**elp your patient explore & compare treatment options
- **A**ssess your patient's values & preferences
- **R**each a decision with your patient
- **E**valuate your patient's decision
Here are some questions you may want to ask your patient:

• How much information do you want to be given about your diagnosis and treatment: as much as possible, summarize the most important, provide the highlights, or just tell your caregiver? When would you like me to provide that information?

• In addition to finding a cure or going into remission, what matters to you most?
  - Improving the quality of your daily life
  - Prolonging survival (a longer life)
  - Preventing complications
  - Being comfortable and pain-free

Notes

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________