

SHARED DECISION MAKING:

Discussion tool for people with a blood cancer

You or your loved one has been diagnosed with a type of blood cancer. You will be making important decisions with your healthcare team.

This fact sheet will help you:

- Understand why shared decision making is important
- Learn tips to help you communicate your healthcare needs
- Create a list of concerns for discussion
- Make a list of questions to ask your healthcare team

SHARED DECISION MAKING

Why shared decision making is important

Making decisions with your healthcare team helps you communicate your preferences and values and make them a priority. Your healthcare team can support you to:

- Be informed about your cancer diagnosis
- Learn about all treatment options
- Understand the types of testing that will be done
- Develop the best care plan



Working with your healthcare team and making decisions with them is an important part of your cancer experience.

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 allows you to get the information you need to understand your diagnosis and treatment options
- It provides information about financial and support issues

Tips for communicating well

Good communication between you and your healthcare team is important. Try these simple tips:

- Prepare a list of questions and concerns for your appointment
- Bring a family member or friend to help take notes
- Tell your healthcare team if you prefer to have your medical information explained to your caregiver
- Ask if there is any paperwork you need to sign to give your healthcare team permission to speak to your caregiver
- Ask open-ended questions (ones that can't be answered with a yes or no) to get more information
- Repeat the information back to your healthcare team to make sure you understand
- Ask for another appointment or ask about consults by phone or email if you have more questions

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

- P**
Present information
- A**
Ask questions
- C**
Check understanding
- E**
Express concerns
- S**
State preferences

Discussing your questions and concerns with your healthcare team

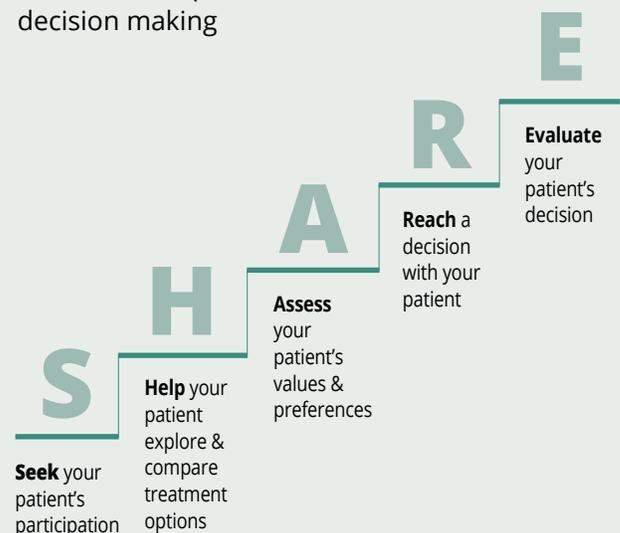
Bring the checklist and questions below to your appointment so you cover all your concerns. It will also help you and your healthcare team create a treatment plan that considers your preferences and values.

Use this checklist as a reminder to discuss:

- 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



**Discussing
your
questions
and concerns
with your
healthcare
team**

Here are some questions you may want to ask your healthcare team:

- Why are you recommending this treatment? What is the goal of the treatment?
- What are my treatment options right now? For example: chemotherapy, immunotherapy, allogeneic stem cell transplant, clinical trial, radiation therapy, targeted therapy, single or combination drug therapy, watch and wait.
- How will treatment affect my daily activities?
- How will I know if the treatment is working?
- What are the possible side effects and long-term effects of treatment?
- How do I find out if my insurance will cover the costs?
- Are there any clinical trials available that you recommend?
- What is the best way to discuss my questions and concerns between visits (phone, email, text)?
- Can my caregiver take part in my medical visits?

Notes



Get the LLS Health Manager app

Track side effects, medications and more!
<https://www.bloodcancers.ca/health-manager-app>



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Never hesitate to contact us, we're here to help!

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