**KEY ELEMENTS OF SHARED DECISION-MAKING**

- **ASK**
  - Apply a patient-centered approach
  - Use motivational interviewing
- **PRIORITIZE**
  - Help the patient focus on specific needs
- **ASSESS**
  - Assess the capacity of the decision-making process
  - Address Patient and Provider Barriers
- **ADVISE**
  - What is the evidence?
  - Discuss benefits and risks
- **ACKNOWLEDGE**
  - Agree on what’s important for the individual
  - Share values, power, expectations
- **ASSIST**
  - Provide tools to help weigh the options
  - Promote input from others
- **MAKE DECISION**
  - If ready, patient makes the choice
- **EVALUATE**
  - Evaluate the process
  - Revisit the decision if there are concerns

**SHARED DECISION-MAKING ALGORITHM**

1. Adult patient facing decision regarding intensive treatment option
   - Is condition urgent/emergent?
     - Y: Exit SDM process
       - Treat as indicated
     - N: Ask & Listen

2. Ask & Listen
   - Prioritize problems (focus)
     - Assess patient readiness to make decision (capacity)
       - Y: Is patient ready to proceed in the decision making process?
         - N: Delay or Initiate management without SDM
         - Y: Educate patient & family
           - Agreement on criteria for making the decision
             - Present options
               - Weigh benefit & risk, like & dislike, pros & cons
                 - Make choice (decision)
                   - Evaluate the process (experience & expectations)

Shared Decision-Making requires effective communication. The process at its best minimizes misunderstanding between healthcare team, the patient and family.

**Basic Principles of Motivational Interviewing:**

- **Empathy:** understanding the reality of the participants situation
- **Developing Discrepancy:** focusing on personalizing desire and reasons for change
- **Support Self-Efficacy:** help others find ways to be successful that will work for them
- **Roll with Resistance:** don’t push for change, don’t provide information prematurely or without permission from the patient