Patient Engagement: How to use Shared Decision-Making during busy shifts

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Meet your hosts!

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- Hemal Kanzaria, MD, MS – UCSF (CA)
- Marc Probst, MD, MS – Mount Sinai (NY)
- Esther Chen, MD – UCSF (CA)
- Erik Hess, MD, MSc – UAB (AL)
Who is in the audience?
Objectives

• Describe elements of SDM
• Practice SDM conversations
• Learn how to use SDM in your practice
What is Shared Decision-Making?

• An approach where clinicians and patients collaboratively discuss potential management strategies when more than one reasonable option exists.

• Reach a decision together based on both the best available evidence and the patient’s values and preferences.
Effect of SDM/Decision Aids

Based on 115 RCTs of ~35,000 patients

<table>
<thead>
<tr>
<th>Variable</th>
<th>Change</th>
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<tbody>
<tr>
<td>Patient Knowledge</td>
<td>↑</td>
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<tr>
<td>Comfort with Decisions</td>
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<tr>
<td>Understanding of Risk</td>
<td>↑</td>
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<td>Participation in Decision-Making</td>
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<td>Overall Communication</td>
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<td>Aggressiveness of Care (e.g., hospitalizations, surgeries, blood tests)</td>
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Framework for SDM

IS THERE MORE THAN ONE REASONABLE OPTION?

IS PATIENT WILLING AND ABLE TO PARTICIPATE IN DECISION?

IS THERE ENOUGH TIME TO ENGAGE PATIENT IN DISCUSSION?

SHARED DECISIONMAKING

No

• Compassionate Persuasion
• Informed Consent or Refusal

No

• Physician-Directed Decisionmaking

No

Steps for Engaging Your ED Patient

1. Acknowledge that a clinical decision needs to be made

2. Share information regarding management options with the potential harms, benefits, and outcomes of each

3. Explore patient values, preferences, and circumstances

4. Decide together on the best option for the patient

Audience volunteer?

- Need one brave soul.
Low-Risk Chest Pain

• Marc is 56-year-old man with chest pain for 1 day.
• History of HTN and high cholesterol
• Moderately suspicious history
• EKG – non-specific changes
• Troponin is normal
• What is the dispo?
Feedback?
Break-out Groups
Feedback?

• Barriers? Challenges?
• Tactics? Strategies?
Summary

- Key elements of SDM
- Necessary Criteria
- Barriers and facilitators
Thank you!

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https://shareddecisions.mayoclinic.org/decision-aid-information/chest-pain-choice-decision-aid/