

## How It Works

- 1 Decision options outlined by health care professional with patient.
- 2 Patient books an appointment with Decision Coach.
- 3 Together, you review the options. The risks, harm, side effects and the relative value of those effects.
- 4 Follow up with health care team to discuss preferred course of action.

## Decision Examples

-  Medication options
-  Surgical options
-  Aggressive treatments
-  Screening and diagnostic testing
-  Clinical trial participation
-  Medical devices
-  Developmental transitions
-  Respiratory interventions
-  Intensity of care
-  Plan of care

**Shared Decision Making**  
is a pilot project for  
patients cared for by  
Children's Hospital.



**Knowledge**



**Values**



**Support**



**Certainty**

**BOOK YOUR DECISION COACH**

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**Children's Hospital**  
London Health Sciences Centre

# Shared Decision Making

At the heart of  
patient-centred care



## What is Shared Decision Making?

Shared decision making brings together the patient and their health care professionals during key decision points of the patient's journey.

Supported by a Decision Coach outside the traditional circle of care, the process helps:

- **Patients and their caregivers** understand the risk, harm and benefits of key medical decisions
- **Health-care professionals** understand the patient's values, needs and concerns

*Shared Decision Making allows health-care professionals and patients to collaborate on medical-decision making through a process that involves evidence-based decisions and patients' values.*

*- Dr. Craig Campbell*



## Role of the Decision Coach

- Offers a supportive, neutral and non-directive process
- Provides coaching face-to-face, on an individual or group basis, by telephone, email, online or through telehealth
- Facilitates access to evidence-based information
- Clarifies decisions and monitors patient's needs
- Verifies understanding, clarifies values, builds skills in deliberation, communication, and accessing support
- Monitors and facilitates progress in decision making
- Develops the patient's skills in understanding their options, preparing for a consultation and implementing change

## Tools and Resources

**Decision Aides** are well-researched tools that make the options, benefits and risks clear for making medical decisions.

**Decision Aides** help patients clarify personal values and set the foundation for patients to make an informed, values-based choice in partnership with their clinician and loved ones.

One example of a Decision Aide is the **Ottawa Family Health Decision Guide**, which has three key elements:

1. Decisional needs
2. Decision outcomes
3. Decision support

The guide weighs the pros and cons, identifies supports and clarifies values with the aid of a decision coach.

[www.cheo.on.ca/uploads/OFDG.pdf](http://www.cheo.on.ca/uploads/OFDG.pdf)

