

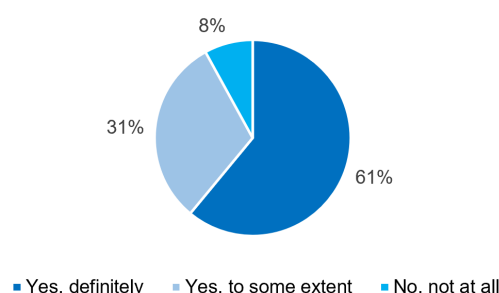
Shared Decision Making

Shared Decision Making (SDM) is a collaborative process through which a clinician supports a patient to reach a decision about their treatment. It ensures that individuals are supported to make decisions that are right for them.

Health Literacy

- 42% of adults in the UK are unable to understand or make use of everyday health information. ¹⁵ This is known as low health literacy.
- Adequate patient participation in SDM requires high levels of health literacy. ¹³
- Using decision support tools (DSTs) can help people with low health literacy participate in SDM. Whilst they may increase consultation time by 7.5%, they help to reduce repeat appointments and saves time in the long run. ¹²

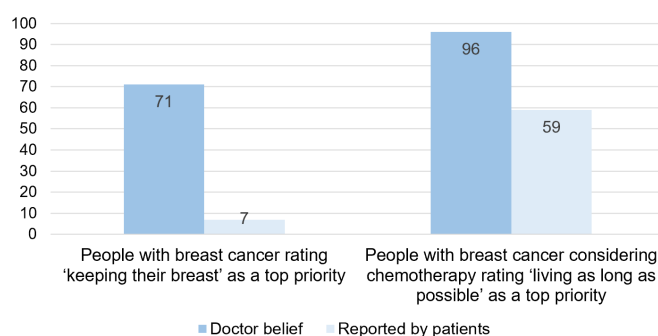
In 2023, people in Herefordshire and Worcestershire were asked “During your last general practice appointment, were you involved as much as you wanted to be in decisions about your care and treatment?” ³



Why is it important?

- Helps to reduce health inequalities by improving outcomes for disadvantaged people. ¹⁴
- It is a legal requirement. Health professionals must take “reasonable care to ensure that the patient is aware of any material risks involved in any recommended treatment and of any reasonable alternative or variant treatments”. ²
- Individuals and clinicians tend to over-estimate the benefits of treatments and under-estimate the harms. ⁴

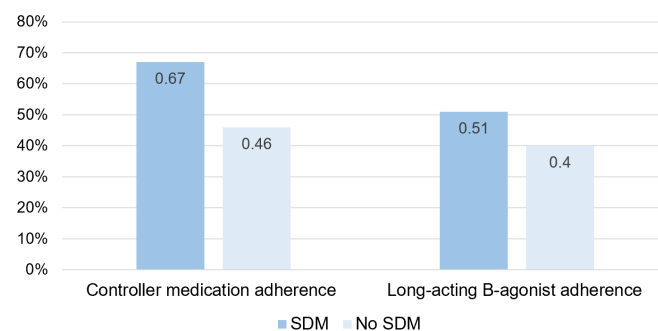
There is a gap between what professionals think people want, and what people actually want ⁹



Benefits

- SDM interventions significantly improve outcomes for disadvantaged people. ¹⁴
- Fewer hospitalisations and emergency department visits for people with long-term conditions, as it is more likely they will keep their condition under control. ⁵
- Increased patient satisfaction. ¹⁰
- Lower demand for elective surgeries, as people make difference choices when well informed.
- Major elective surgeries: 20% decrease. ⁶
- Benign prostate disease: 40% decrease. ⁷
- Coronary heart disease: 17% decrease (75% to 58%) ⁸

People that participated in SDM regarding their asthma treatment showed better adherence to medication ¹¹



References

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