THE SIX STEPS OF SHARED DECISION MAKING

1. Invite the patient to participate
2. Present the options
3. Provide information on benefits and risks
4. Help the patient evaluate the options based on his or her goals and concerns
5. Facilitate deliberation and decision making
6. Assist with implementation
Shared decision making is a collaborative process that allows patients and their providers to make health care decisions together, taking into account the best scientific evidence available, as well as the patient’s values and preferences.

This process gives patients the support they need to make the best care decisions for their own needs, while allowing providers to feel confident in the care they prescribe.