

## Shared Decision Making----KINS recording

This is Dr. Mary Meengs, from the Humboldt Independent Practice Association, with a community comment for KINS. March is National Shared Decision Making month. 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. It honors both the provider's expertise and the patient's right to be fully informed of all options and the potential harms and benefits. This process provides patients with the support they need to make the best individualized care decisions, while allowing providers to feel confident in the care they prescribe.

Shared Decision Making is particularly important when it comes to preference-sensitive care, where there is more than one clinically appropriate treatment option, each with benefits and drawbacks, and in which the patient's values, concerns, goals and preferences should be critical in making the ultimate decision. It is designed for non-urgent situations, when there is time to safely gather information and have two-way conversations.

Patients often have to make decisions about medical treatments without completely understanding either their diagnosis or their options. Decision aids are booklets or videos that present neutral, current and accurate information about a specific preference-sensitive condition and the various treatment options, written in a style that is easy to understand.

Time limitations usually prevent Shared Decision Making from occurring in the doctor's office. 6 months ago, the Humboldt Independent Practice Association opened the Health Decisions Center, to offer Shared Decision Making services on a limited number of conditions, to the public. We will provide a decision aid booklet on a specific condition, and offer a subsequent one-hour appointment to anyone interested. During this time, a trained health decision coach will help the client organize and clarify their thoughts about their condition, their choices, and their personal preferences, and identify what else they might need to be able to make their decision. The coach will also produce a summary document for the client and their doctors.

At this time, these services remain completely free of charge for anyone. Those who have participated have found both the decision aids and the coaching sessions very helpful, either in reaching a decision or preparing for an upcoming medical appointment.

There are 14 conditions currently available for Shared Decision Making, including some orthopedic conditions, some cardiac situations, depression, and Advanced Directives decision making. For a complete list, and further details, consult our website at [www.humboldtipa.com](http://www.humboldtipa.com), or call 707-443-4563.

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