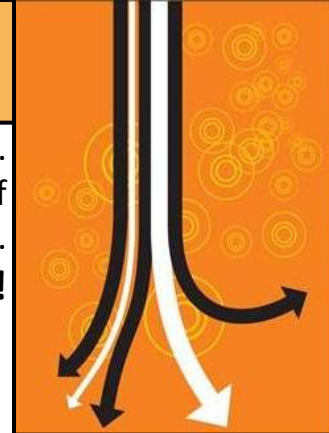


Helping Patients Make Difficult Decisions

Many times patients are required to make complex decisions about their care. Patient decision aids are a tool to identify the potential benefits and harms of treatment options, while eliciting the patients' personal values to guide the process.

Empower your patients during challenging and complex times!



What are patient decision aids?

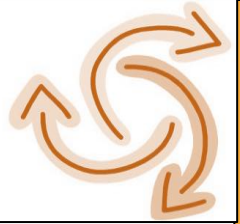
Patient decision aids are pamphlets, videos or web based tools that help guide patients' decision making process by helping them to assess their needs and values, prepare for next steps and gauge where they are in the decision making process.

When can patient decision aids be used?

- When there is no clear option or course of treatment
- Each option has potential benefits and harms attached to it
- Patients' values or personal preferences may influence their course of treatment

What does the research say about patient decision aids?

- Improves patient knowledge about options
- Expectations of benefits/harms are more realistic
- Choices are more consistent with patients values
- Allows patients to participate more in their care
- Reduces elective surgeries
- Improves communication with health practitioners

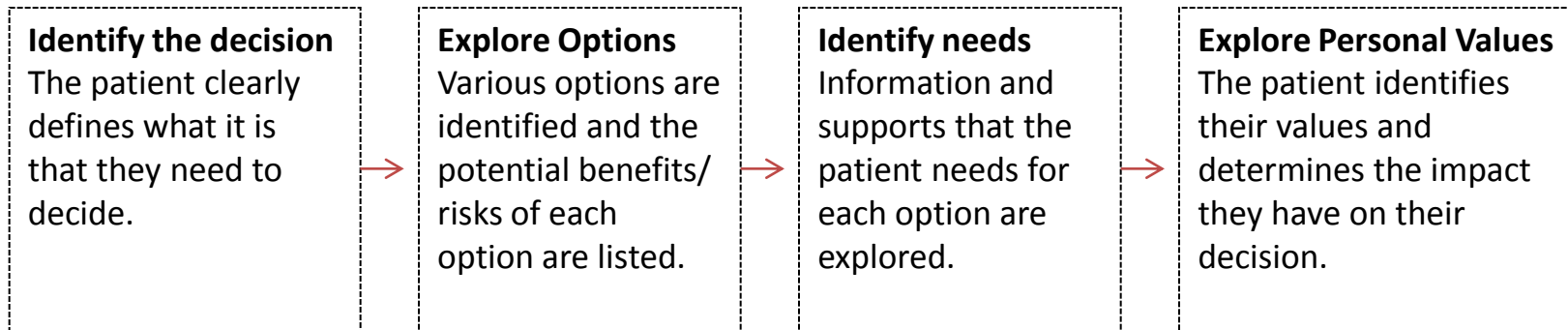


Important Things to Consider When Creating Patient Decision Aids

Patient decision aids act like a map to help patients think through each option.

Patient Decision Aids:

- Use a step by step process
- Are written using plain language (i.e. limited medical terminology)
- Employ a rating system (numbers, stars etc) to help give weight to each option/need
- Provide information on best next steps
- Are simple enough that a patient can do it on their own or with the help of their family



To view examples of patient decision aids go to <http://decisionaid.ohri.ca/decaids.html>

