

Endocrine news



HORMONE HEALTH NETWORK

What You Should Know About Shared Decision Making

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Hormone Health NETWORK
Keep your body in balance

What You Should Know About SHARED DECISION MAKING (SDM)

Shared Decision Making gets patients involved in their healthcare treatment plan. SDM takes into account the best scientific evidence and the values and preferences of the patient to provide the most effective therapy possible. For better patient outcomes, consider implementing an SDM plan in your practice.

WHY SDM?

- Improve patient satisfaction and involvement with their care
- Help patients assume greater responsibility for healthcare decisions
- Promote compliance and adherence to treatment regimens
- Empower patients to be more knowledgeable and active in managing their care

EVIDENCE FOR SDM

- Reduction in use of tests
- Reduction in elective procedures and their costs
- Better health outcomes
- Lower litigation rates

Reuter-Delbeck, M. (2014). Empowering Patient Engagement: Using Microsocial Norming and Shared Responsibility to Improve Patient Outcomes. *Shared Decision Making: The Endocrine Society's Clinical Guidelines and Management (SDM) eLibrary*. Retrieved 9/27/21.

BEST PRACTICES FOR IMPLEMENTING SDM

CHANGE YOUR LANGUAGE | ASSESS | ENGAGE AND EMPOWER PATIENTS WITH PAMPHLETS, VIDEO, AND APPS

WHAT DO PATIENTS THINK?

- Many desire to engage in SDM about treatment options.
- Multiple barriers inhibit conversation with physicians about health decisions.
- Health inequalities continue to socially sanctioned roles and skills to physicians.
- Physicians can be authoritarian.
- Fear of being categorized "difficult" prevents patients from participating more fully in their own health care.

IMPACT ON COSTS

- Group Health estimated \$2M for 11 procedures saved
- Group Health used SDM for hip or knee replacement, hip, knee, knee and hip/knee hip surgeries. **COST LOWERED BY 12-21% OVER 6 MONTHS.**

SHARED DECISION MAKING STAGES

1. Establish ongoing partnership (trust, mutual respect)
2. Foster ongoing information exchange between the physician and the patient
3. Support a process of deliberation (patients encouraged to express preferences)
4. Make a decision that honors provider's expert knowledge and respects patient's individual needs

*All monetary values in \$ unless otherwise noted. Based on secondary data from the literature on the implementation of shared decision making.

Hormone Health Network is the nation's leading patient and provider resource for information about hormone health, therapy, and treatment. All our information is written and based on the latest scientific research of the Endocrine Society.

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