

Shared Decision Making Observe and share feedback with your supervisor	
Short description	
<p>Dozens of questions have been drawn up that make Shared Decision Making concrete. These easy-to-understand and practical questions will help physiotherapists (and other health care providers), patients and clients to decide together better and more often.</p> <p>This learning activity will help students to recognize the steps of shared decision-making in a consultation.</p>	
Duration: About 20 minutes	
Learning goals	
<p>The student</p> <ul style="list-style-type: none"> recognizes the steps of shared decision-making in a consultation of the supervisor 	
Materials	
<ol style="list-style-type: none"> Reflection tool: part Providing Information and Shared Decision Making Lecture about Shared Decision Making 	
Instructions	
<ul style="list-style-type: none"> Select the questions from the list below that are important in shared decision making and add questions you are missing. Observe a consultation of your supervisor at your internship. Mark the questions asked by the physiotherapist and the client. <p>Evaluation questions for the physiotherapist</p> <p><u>Gathering Information</u></p> <p><u>Inviting patient or client to tell</u></p> <ul style="list-style-type: none"> Do you ask about your patient/client's expectations? Do you ask what your patient/client finds important in daily life? Do you know what your patient/client wants to keep doing besides treatment? Do you ask whether your patient/client wants to take the next step in treatment? Have you asked what your patient's/client's preferences/wishes are? Do you know how your client sees their future? <p><u>Providing information and shared decision making</u></p> <p><u>Giving all the information</u></p> <ul style="list-style-type: none"> Do you ask your patient/client whether you have explained it well? Do you summarize the conversation for your patient/client? Do you tell your patient/client about the advantages and disadvantages of each treatment? Do you tell your patient about all possible treatments? Do you explain that no care or treatment is also possible? 	

- Do you tell your patient/client if you can wait with the treatment?
- Do you use the Teach Back method?
- Do you decide together with your patient/client?
- Do you tell your client about all possible choices in healthcare?
- Do you already make decisions together with your patient/client?
- Does your client really support the goals in the treatment plan?

Other tips

- Do you give your patient/client enough time to think?
- Do you tell your patient/client they can always come back to a decision?
- Do you discuss the possibility of a second opinion with your patient/client?
- Is your patient/client aware of the online file?
- Do you help your patient/client prepare for an interview with another health care professional?
- Do you involve your patient's family and friends in the discussion about treatment?
- Do you involve the social environment of the patient/client in the consultation?

Reflection

- Which questions, in your opinion, would have been also important to ask? Explain why.
 - a. If possible, share your observations with your supervisor(s).
 - b. What went well and what can be improved?
 - c. Maybe, you can give a short lecture about shared decision making.

Tips for supervisors

1. Agenda setting / Introduction

Repeat the request for help and indicate that you will talk together about different treatment options

2. Offering help

Indicate that you will help the patient to give him the information clearly so that the patient is empowered to help decide.

3. Give options

Inform the patient clearly about the different treatment options and discuss the pros and cons (also of not treating)

4. Find out client preference

Support the patient to bring the patient's preferences to the surface

5. Who does what? / Make an action plan

Make the treatment plan together with the patient and describe together what actions you do and what the patient does.

Option 5 steps for shared decision making	
References	