

Myth Busters Shared Decision-Making

Shared decision-making, where providers and patients make decisions together based on the provider's expertise and patient's values, preferences, and life circumstances, has been **proven to improve patient outcomes and both patient and provider experience**. However, perceived barriers have slowed the uptake of this evidence-based and proven patient engagement strategy.



MYTH

Shared decision-making doesn't add value.

FACT

Shared decision-making reduces patient safety events and increases patient engagement.

Doctors' and nurses' efforts to involve families in decision-making during hospital rounds **reduced overall adverse events by 40-45%**.¹

Patients who engaged in shared decision-making **reported increased knowledge of treatment options**,^{2,3,4} were more engaged in the decision-making process^{2,5,6} and were happier with their decisions.⁴



MYTH

Shared decision-making takes too long.

FACT

Shared decision-making adds minimal time and burden to busy providers.

Decision aids **added just two minutes of clinician's time**.⁴

Decision aids are effective in fast-paced emergency room settings. The use of decision aids nearly **doubled parental involvement** in treatment decisions in the head trauma study,⁴ and **increased patient involvement by more than 2x** in the chest pain study.²



MYTH

Shared decision-making will only make patients want more tests and treatments.

FACT

Shared decision-making reduces unnecessary care.

In the study helping parents of children with head injuries understand options for diagnosing brain injury, **shared decision-making did not increase the use of computed tomography (CT) scans among children**.⁴

There is sometimes a mismatch between what providers think patients' goals and priorities are and what they actually are.⁷ Engaging in **shared decision-making can minimize this mismatch**.



¹ <https://www.pcori.org/research-results/2013/does-patient-and-family-centered-hospital-communications-program-reduce>
² <https://www.pcori.org/research-results/2012/testing-decision-aid-patients-low-risk-chest-pain-emergency-room-chest-pain>
³ <https://www.pcori.org/research-results/2013/does-decision-aid-help-patients-learn-about-their-treatment-options-advanced>
⁴ <https://www.pcori.org/research-results/2013/using-decision-aid-emergency-room-help-parents-children-head-trauma-understand>
⁵ <https://www.pcori.org/research-results/2013/training-staff-doctors-offices-use-shared-decision-making-patients-choosing>
⁶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5963523/pdf/nihms939834.pdf>
⁷ <https://www.healthcarevaluehub.org/advocate-resources/publications/consumer-benefits-patient-shared-decision-making>

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