

Patient Decision Aids Resource

Where to find Patient Decision Aids?

A variety of Patient Decision Aids can be found at:

NHS Shared Decision Making from NHS England:

<https://www.england.nhs.uk/shared-decision-making/guidance-and-resources/>

Patient Info:

<https://patient.info/doctor/decision-aids>

There are also a range of quick and easy to use Patient Decision Aids available from Option Grid® at <http://optiongrid.org/> (N.B. note this an American based resource)

Key Therapeutic Areas where Decision Aids are available

	Available from:	Web-link:
Atrial Fibrillation	NICE	https://www.nice.org.uk/guidance/cg180/resources/patient-decision-aid-243734797
Taking a statin to reduce the risk of coronary heart disease and stroke	NICE	https://www.nice.org.uk/guidance/cg181/resources/patient-decision-aid-pdf-243780159
Type 2 diabetes in adults: controlling your blood glucose by taking a second medicine – what are your options?	NICE	https://www.nice.org.uk/guidance/ng28/resources/patient-decision-aid-pdf-2187281197
Inhalers for asthma	NICE	https://www.nice.org.uk/guidance/ng80/resources/patient-decision-aid-pdf-6727144573
Hormone treatment for endometriosis symptoms – what are my options?	NICE	https://www.nice.org.uk/guidance/ng73/resources/patient-decision-aid-pdf-4595573197
Bisphosphonates for treating osteoporosis	NICE	https://www.nice.org.uk/guidance/ta464/resources/patient-decision-aid-pdf-6896787085
How do I control my blood pressure? Lifestyle options and choice of medicines	NICE	https://www.nice.org.uk/guidance/ng136/resources/patient-decision-aid-pdf-6899918221
Heartburn: treatment options	NICE	https://www.nice.org.uk/guidance/cg184/resources/patient-decision-aid-pdf-193166173

Appendix - Background

NICE NG5 - Medicines optimisation: the safe and effective use of medicines to enable the best possible outcomes

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1.6 Patient decision aids used in consultations involving medicines

Many people wish to be active participants in their own healthcare, and to be involved in making decisions about their medicines. Patient decision aids can support health professionals to adopt a shared decision-making approach in a consultation, to ensure that patients, and their family members or carers where appropriate, are able to make well-informed choices that are consistent with the person's values and preferences.

1.6.1 Offer all people the opportunity to be involved in making decisions about their medicines. Find out what level of involvement in decision-making the person would like and avoid making assumptions about this.

1.6.2 Find out about a person's values and preferences by discussing what is important to them about managing their condition(s) and their medicines. Recognise that the person's values and preferences may be different from those of the health professional and avoid making assumptions about these.

1.6.3 Apply the principles of evidence-based medicine when discussing the available treatment options with a person in a consultation about medicines. Use the best available evidence when making decisions with or for individuals, together with clinical expertise and the person's values and preferences.

1.6.4 In a consultation about medicines, offer the person, and their family members or carers where appropriate, the opportunity to use a patient decision aid (when one is available) to help them make a preference-sensitive decision that involves trade-offs between benefits and harms. Ensure the patient decision aid is appropriate in the context of the consultation as a whole.

1.6.5 Do not use a patient decision aid to replace discussions with a person in a consultation about medicines.

1.6.6 Recognise that it may be appropriate to have more than one consultation to ensure that a person can make an informed decision about their medicines. Give the person the opportunity to review their decision, because this may change over time – for example, a person's baseline risk may change.

1.6.7 Ensure that patient decision aids used in consultations about medicines have followed a robust and transparent development process, in line with the IPDAS criteria.

1.6.8 Before using a patient decision aid with a person in a consultation about medicines, read and understand its content, paying particular attention to its limitations and the need to adjust discussions according to the person's baseline risk.

1.6.9 Ensure that the necessary knowledge, skills and expertise have been obtained before using a patient decision aid. This includes:

- relevant clinical knowledge
- effective communication and consultation skills, especially when finding out patients' values and preferences
- effective numeracy skills, especially when explaining the benefits and harms in natural frequencies, and relative and absolute risk
- explaining the trade-offs between particular benefits and harms.

1.6.10 Organisations should consider training and education needs for health professionals in developing the skills and expertise to use patient decision aids effectively in consultations about medicines with patients, and their family members or carers where appropriate.

1.6.11 Organisations should consider identifying and prioritising which patient decision aids are needed for their patient population through, for example, a local medicines decision-making group. They should agree a consistent, targeted approach in line with local pathways and review the use of these patient decision aids regularly.

1.6.12 Organisations and health professionals should ensure that patient decision aids prioritised for use locally are disseminated to all relevant health professionals and stakeholder groups, such as clinical networks.

Appendix – List of Currently Available Patient Decision Aids

Patient Info: <https://patient.info/doctor/decision-aids>

- [Anal Fissure](#)
- [Atrial Fibrillation](#)
- [Bedwetting](#)
- [Carpal Tunnel Syndrome](#)
- [Contraception](#)
- [Cramps](#)
- [Genitourinary Prolapse](#)
- [Heavy Periods](#)
- [Hiatus Hernia](#)
- [IBS](#)
- [Kidney Dialysis](#)
- [Knee Osteoarthritis](#)
- [Piles](#)
- [Plantar Fasciitis](#)
- [Prostate Enlargement](#)
- [PSA Testing](#)
- [Tennis Elbow](#)
- [Warts and Verrucae](#)