



### Shared Decision-Making Aids

Shared decision-making is a crucial component of evidence-based medicine/practice (EBP). EBP seeks to use the best available evidence to help guide decisions regarding the care of an individual patient taking into account their needs, values, and preferences.

Decision aids can be used as a convenient tool to support shared decision-making. They offer evidence-based estimates of the benefits and risks of the available treatment options in sufficient detail that people are better able to weight their value. They are different from education materials, which simply provide general background information. Patient decision aids are tailored to a specific person's health status and help them make decisions that are informed, value-based, and appropriate for their treatment while working with their provider.

While patient decision aids are not vital to deliver effective shared decision-making, they can help with patient engagement in participating in their care and may also help to improve an individual's knowledge of the options and outcomes while giving them realistic expectations.

The following link is offered as a resource of available aids based on individual topics or health conditions. The Mayo Clinic offers a decision aids online resource site that can be used by clicking on the link below.

<https://carethatfits.org/shared-decision-making/>

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