



## Shared Decision Making: A Demonstration Project

<http://depts.washington.edu/shareddm>

### Introduction and Context

Shared decision making is receiving increased attention as a mechanism to rationalize clinical care decisions for specific medical conditions. There are some conditions, such as back pain, for which scientific evidence suggests that several treatment options provide similar outcomes, but with different side effects, risks, or sequelae. The premise of shared decision making is that in these instances, the preferences of patients should play an important role in determining which treatment to undertake: treatment decisions should be *shared* between patient and provider. However, in order for patients' expressed preferences to be an accurate reflection of their values, patients must be fully informed about the nature of the treatment options, the risks and benefits associated with each one, and the likely outcomes and side effects. Decision aids to provide this information to patients in a digestible form have been developed for a number of preference-sensitive conditions. Preliminary data from their implementation in several settings suggest that these decision aids can be used successfully to facilitate conversations between providers and patients, fostering shared decision making. Many questions remain, however, about the characteristics of the settings and the processes that are most likely to result in successful implementation of shared decision making, and even more questions about the factors that affect the outcomes of successful implementation.

This project will add to understanding of shared decision making (SDM) and patient decision aids by demonstrating their implementation and use in several large multispecialty clinics in the Puget Sound metropolitan area of Washington State. The demonstration grows out of a 2007 legislative initiative: the Washington State legislature passed a bill that mandated, but did not fund, the state Health Care Authority (HCA) to implement decision aid demonstration projects in one or more multispecialty group practices. In response to this legislation, HCA convened a Collaborative Stakeholder Group that has been meeting regularly since the fall of 2007. The group's members include representatives from the University of Washington, the Puget Sound Health Alliance, Group Health Cooperative, Washington State Medical Association, and several multispecialty group practices. Our project assists HCA in carrying out its statutory requirement as well as provides information regarding the challenges and experiences of providers, patients, purchasers, and payers in implementing SDM.

### Purpose and Objectives

The purpose of this project is to create and support a demonstration to explore the opportunities and challenges perceived and experienced by providers, patients, purchasers, and payers around the implementation of shared decision making protocols in fee for service settings. This evidence will not only be valuable on its own merits, it will also lay the necessary qualitative foundation and context for a second evaluative phase of the project for which funding will be sought from another source. In the second phase, we will collect and analyze quantitative information about the clinical and economic results of the protocols as



implemented. As part of this evaluation, we will compare our results with the parallel Group Health evaluation of its SDM project. The two studies taken together will help policy makers understand the factors that facilitate successful shared decision making programs in different contextual settings and the potential impact of these programs on providers, patients, and health care expenditures. Our study will also assist other decision makers interested in implementing shared decision making protocols for their employee, enrollee, provider, and/or patient populations.

**Demonstration Partners:**

Site	Location	Initial Conditions
The Everett Clinic	Everett	- Hip Osteoarthritis - Knee Osteoarthritis
MultiCare Medical Group	Tacoma	- Low Back Pain - Chronic Pain - Depression - Diabetes - Colon Cancer Screening - PSA Testing
Virginia Mason Medical Center	Seattle	- Ductal Carcinoma in Situ - Early Breast Cancer

**University of Washington Partners:**

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**Resources:**

Center for Shared Decision Making (Dartmouth): [www.dhmc.org/shared\\_decision\\_making.cfm](http://www.dhmc.org/shared_decision_making.cfm)

Ottawa Patient Decision Aids (OHRI): <http://decisionaid.ohri.ca/decaids.html>

Washington State (2007) E2S S.B. 5930: Blue Ribbon Commission on Health Care Costs and Access:  
<http://apps.leg.wa.gov/documents/billdocs/2007-08/Pdf/Bills/Session%20Law%202007/5930-S2.SL.pdf>