

Shared decision making is a key component of patient-centered health care. It is a process in which clinicians and patients work together to make decisions and select tests, treatments and care plans based on clinical evidence that balances risks and expected outcomes with patient preferences and values. To promote this effort, the health plan will begin offering evidence-based shared decision-making (SDM) aids to providers as part of its Population Health Management program.

SDM aids support the Agency for Healthcare Research and Quality's (AHRQ) SHARE Approach, which provides the essential steps for shared decision-making:

- **S**eek patient's participation
- **H**elp patients explore and compare treatment options
- **A**ssess your patient's values and preferences
- **R**each a decision with the patient
- **E**valuate patient's decision

The Quality Improvement team evaluated several recognized sources to determine which ones to share with its contracted providers. The following were approved and adopted by committee members:

Condition	Name	Source	Link	
Any	Ottawa Personal Decision Guide	Ottawa	https://decisionaid.ohri.ca/docs/das/OPDG.pdf	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other
Breast Cancer	When Should I Start Having Mammograms?	Healthwise	https://www.healthwise.net/magellanhealth/Content/StdDocument.aspx?DOCHWID=abh0460	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other
CAD	Statin Choice	The Mayo Clinic	https://statindecisionaid.mayoclinic.org/	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other
CAD	Should I have an Angiogram	Healthwise	https://www.healthwise.net/magellanhealth/Content/StdDocument.aspx?DOCHWID=hw267214#av2348	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other
CAD and Colorectal Cancer	Aspirin use for the primary prevention of cardiovascular disease and colorectal cancer	USPSTF	https://pubmed.ncbi.nlm.nih.gov/27064677/	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other
Colorectal Cancer	Screening for Colorectal Cancer	USPSTF	https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other
Depression	Depression Medication Choice	The Mayo Clinic	https://depressiondecisionaid.mayoclinic.org/index	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other
Depression	Medications to Treat Depression	Beacon Health	https://www.achievesolutions.net/achievesolutions/en/healthresources/Content.do?centerId=151&contentId=279&topicId=56	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other

Diabetes	Diabetes Medication Choice	The Mayo Clinic	https://diabetesdecisionaid.mayoclinic.org/index	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other
Flu	Should I Get a Flu Vaccine?	Healthwise	https://www.healthwise.net/magellanhealth/Content/StdDocument.aspx?DOCHWID=tb1913#bo1042	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other
Heart Failure	A decision aid for Left Ventricular Assist Device (LVAD) for Destination Therapy: A device for patients with advanced heart failure.	DAI	https://patientdecisionaid.org/lvad/	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other
Lung Cancer	Is Lung Cancer Screening Right for Me?	AHRQ	https://effectivehealthcare.ahrq.gov/decision-aids/lung-cancer-screening/patient.html	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other
Osteoporosis	Bone Health Choice	The Mayo Clinic	https://osteoporosisdecisionaid.mayoclinic.org/	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other
Osteoporosis	Should I Have a Dual-Energy X-Ray Absorptiometry (DXA) Test	Healthwise	https://www.healthwise.net/magellanhealth/Content/StdDocument.aspx?DOCHWID=aa50300	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other
Rheumatoid Arthritis	I have never taken medication for rheumatoid arthritis before. Should I take methotrexate (Rheumatrex®) alone or with other disease-modifying antirheumatic drugs for rheumatoid arthritis?	Cochrane Musculoskeletal Group	https://musculoskeletal.cochrane.org/sites/musculoskeletal.cochrane.org/files/public/uploads/Should%20I%20take%20methotrexate-21%20Mar%202011.pdf	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other
Rheumatoid Arthritis	Rheumatoid Arthritis (RA) Choice	The Mayo Clinic	https://shareddecisions.mayoclinic.org/rheumatoid-arthritis-ra-choice/	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other
Schizophrenia	Talk Therapy for Schizophrenia	Beacon Health	https://www.achievesolutions.net/achievesolutions/en/healthresources/Content.do?contentId=3594	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other
SPMI	Severe and Persistent Mental Illness: Long-Acting Injectables	Beacon Health	https://s21151.pcdn.co/wp-content/uploads/Beacon-LAI-AP_FINAL.pdf	<input checked="" type="checkbox"/> Approve/Adopt <input type="checkbox"/> Deny <input type="checkbox"/> Recommend other