



Shared Decision-Making: A Tool for Engagement

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MEI Mission: *Help people with chronic disease learn to manage and improve their health.*



What We'll Cover:

- * Shared decision-making (SDM)
- * Barriers to patient engagement
- * *My Life, My Dialysis Choice* as a SDM tool

Shared Decision-Making

1. Seek your patient's participation
2. Help your patient **explore/compare treatments**
3. Assess your patient's **values and preferences**
4. Reach a decision with your patient
5. Evaluate your patient's decision

<https://www.ahrq.gov/sites/default/files/wysiwyg/professionals/education/curriculum-tools/shareddecisionmaking/tools/tool-2/share-tool2.pdf>



Kidney failure is like a personal tsunami



Dialysis affects every aspect of lifestyle

Strong emotions are normal
 Terror, anger, depression are common—and patients

People cannot learn when they are afraid
 Emotional information impairs memory formation – Lindström BB, Bohlin G. Emotion. 2012 Apr;12(2):384-93

Autonomy Saves Lives in ESRD

- ★ N=2,418 patients from DMMS Wave 2¹
- ★ Data were adjusted for case mix
- ★ Those whose care was **patient led** had:
 - Significantly lower unadjusted death rates ($p < 0.0001$)
 - Significantly higher transplant rates ($p < 0.0001$)

Stack AG, Martin DR. *Transplantation* April; 45(4), 2005: 730-42

Figure 1
Impact of Different Factors on Risk of Premature Death

40% of Key Health Outcomes are Patient Driven

SOURCE: Schroeder, SA. (2007). We Can Do Better – Improving the Health of the American People. AHRQ. 937.1223.6.

Houston, we have a problem

My Life. My Dialysis Choice
Empowering you to live better with ESKD

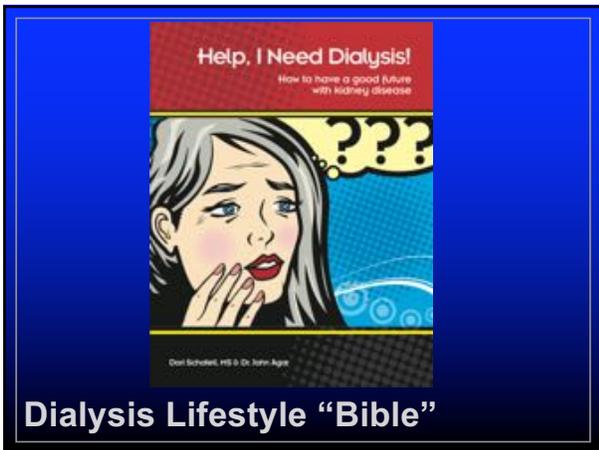
If your kidneys fail, dialysis can save your life. But, dialysis is not just a medical treatment. It can also affect every aspect of your lifestyle.

This tool will help you choose the right treatment for you so you can feel your best and live the way you want to.

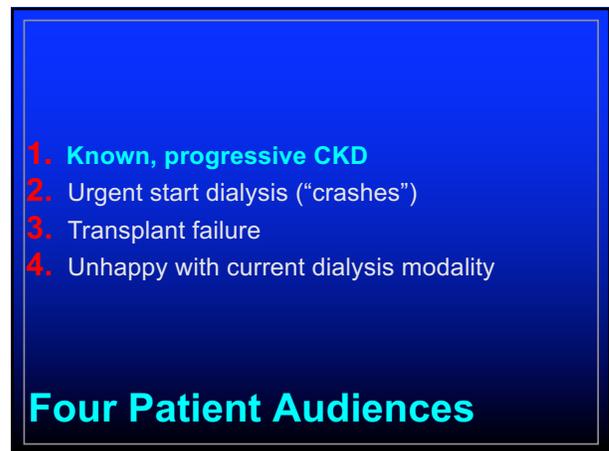
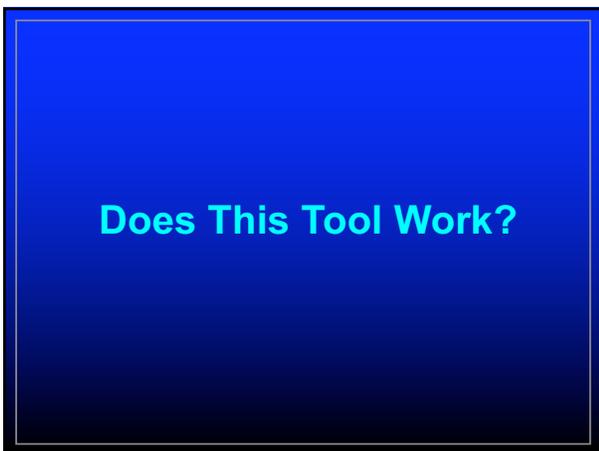
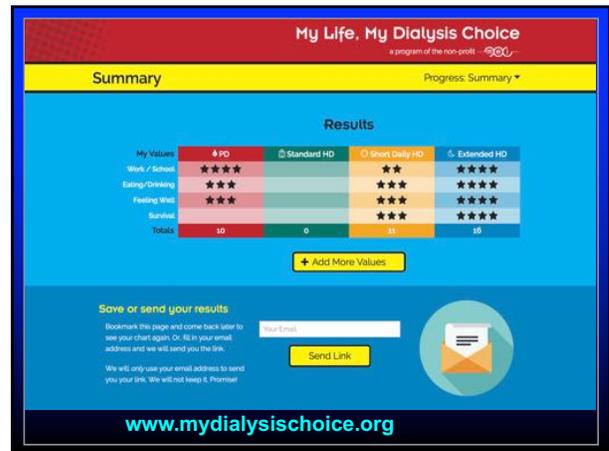
[Go Home](#) [Get Started](#)

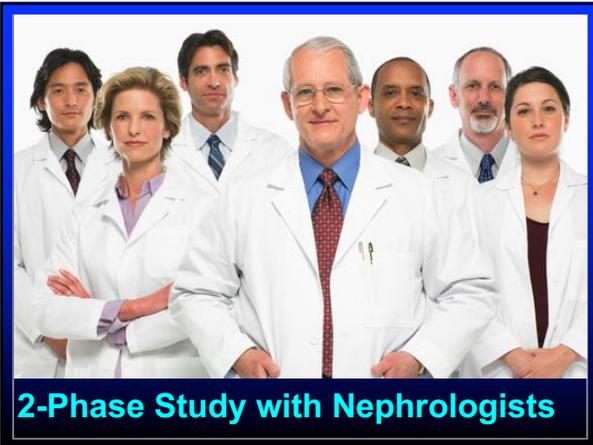
What matters to you?

[www.mydialysischoice.org](#)



Dialysis Lifestyle "Bible"





Phase 1: “Bad News” study

- * 8 MDs, 62 patients with eGFR ≤ 25
- * Audiotaped visits, surveys
- * Dysfluencies; MD talk 10:1
- * **Patients’ values were not discussed**
- * Just 5% of visits included home HD



Phase 2:

- * 6 MDs (2 from phase 1), 30 patients
- * *My Life, My Dialysis Choice* first
- * ~20 minutes; some needed help
- * MD talked 2:1
- * **Patients’ values were discussed**
- * More preferred home dialysis
- * MDs loved the tool

Phase 2 vs. Phase 1:

	Phase 1		Phase 2		P value
Patient N	32	%	30	%	
MD asked patient values	0	0%	29	97%	<0.001
Patient Dialysis Preferences					
Unsure	23	72%	0	0%	<0.001
Home (PD, HHD, NHD)	3	9%	24	80%	<0.001
In-center HD	6	19%	8	27%	0.421

Nephrologist Reaction

*“The decision aid shifts the focus to the patient and starts off at what’s important to them. That’s what we should do more of. A lot of times, at least I know I do that, I’m just thinking **medically** what’s probably a better option... We need to sit down with our patients and just go over *My Life*, see **what suits their lifestyle better**, and then think about the medical feasibility.”*

Nephrologist Reaction

“The conversations were really eased. You didn’t have to go through the step of breaking bad news. As soon as I entered the room, the summary was in front of me and became a topic of conversation. The patients themselves were saying, ‘This is what I was looking at, and what do you think about this?’”

Other FREE MEI Modality Choice Resources

Treatment	I can eat & drink more
Transplant	
HD	
HD at home - short daily	
HD at home - at night	
HD in center - 3 days a week	
HD in center - 2 nights a week	

www.lifeoptions.org/resourcelibrary/good-future-professionals

CKD Slide Toolkit

Coming to Terms

Being told that you have kidney disease can be a huge shock, even if you knew it was coming. But, you CAN have a good life—even if your kidneys fail. Learn how to think about kidney disease in a different way, so you can stay positive and take action.

www.lifeoptions.org/resourcelibrary/good-future-patients

Online Video CKD Classes

- ## Take Aways
- ✦ Patients produce their own health outcomes
 - ✦ Decision aids can support engagement
 - ✦ *My Life, My Dialysis Choice* helped SDM