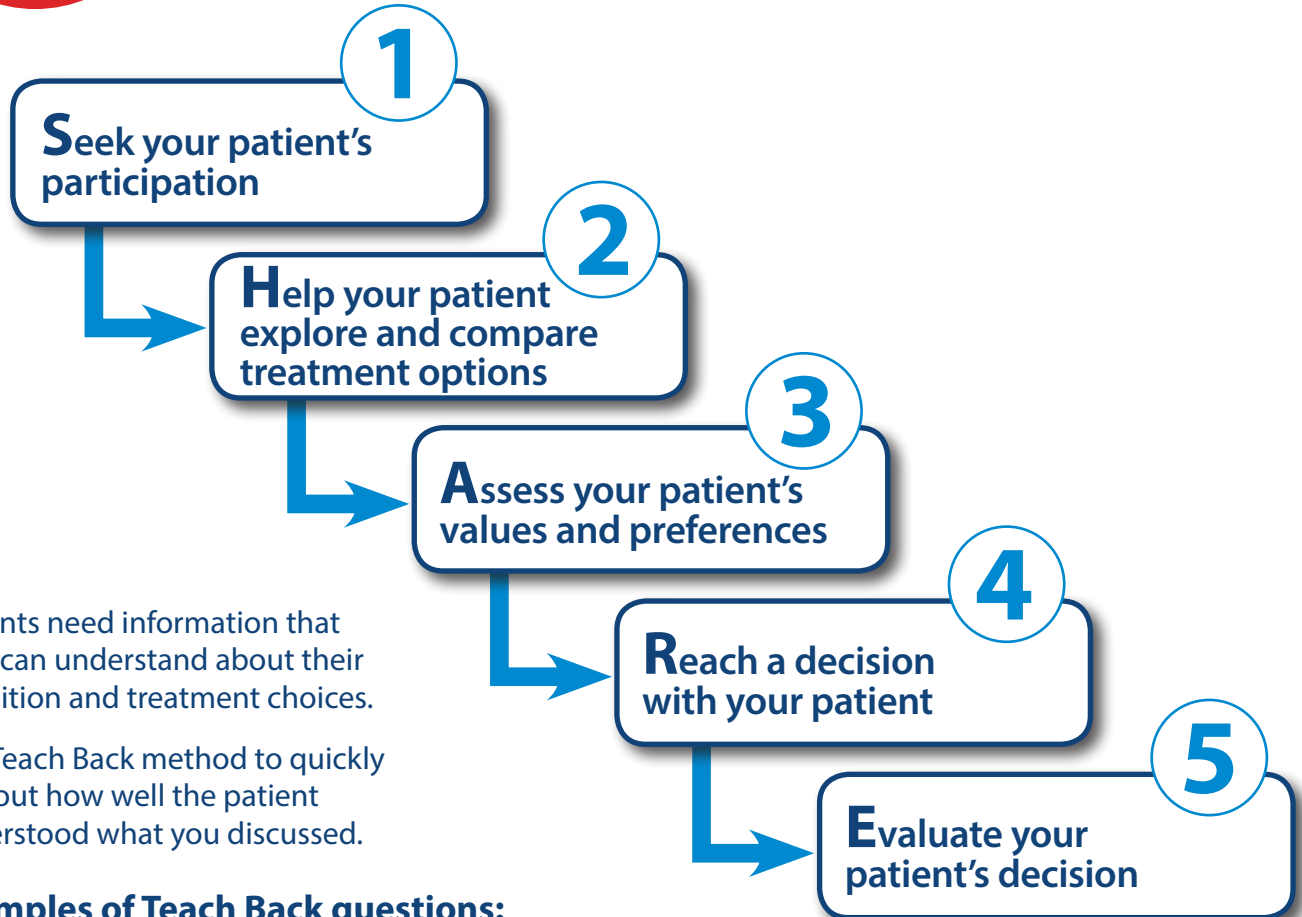




Shared Decision-making: SHARE Approach



Patients need information that they can understand about their condition and treatment choices.

Use Teach Back method to quickly find out how well the patient understood what you discussed.

Examples of Teach Back questions:

"We talked about two ways that you might be able to treat your diabetes: either starting medicine right away to lower your blood sugar or increasing your physical activity and following a Mediterranean diet to try to lose a little weight. I want to make sure I explained each option clearly. Would you please tell me how you would explain the two choices to a member of your family?"

"I want to make sure I was clear about the risks and benefits of taking insulin to control your diabetes. Could you tell me about insulin's possible side effects and how it might impact your life on a day-to-day basis?"

"I want to check how well I explained the risks and benefits for a patient like you, of a higher Hemoglobin A1c target of 8 rather than 7. Please describe, in your own words, what are the pro's and con's of raising your target Hemoglobin A1c to 8."

If the patient did not understand, say "I must not have done a good job explaining. Let me try again." And use a different approach.

Reference: Agency for Healthcare Research and Quality. The SHARE approach. 2017;
<https://www.ahrq.gov/professionals/education/curriculum-tools/shareddecisionmaking/index.html>
Accessed March 17, 2017.