

# Shared Decision-Making by the Numbers

The numbers are in and **shared decision-making** is a must.



## Shared Decision-Making:

An approach where health professionals and patients make decisions together, using the best available evidence about the likely benefits and harms of each option, and where patients are supported to arrive at informed preferences.<sup>7</sup>

**8 in 10 people**

want their healthcare provider to listen to them...



**but**

just **6 in 10** say it actually happens.<sup>1</sup>



Less than 20% of people wanted their provider to offer only the options that he or she feels are right for the patient.<sup>1</sup>



When asked what people want from their providers, the **top three responses** were:

1

To be listened to<sup>1</sup>

2

The full truth about their diagnosis, even though it may be uncomfortable or unpleasant

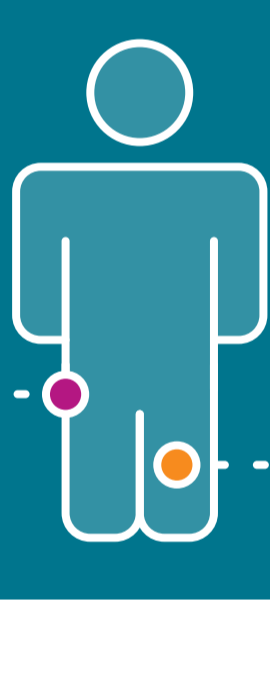
3

Information about the associated risk of each treatment option



People who viewed decision aids were significantly more likely to reach an informed decision on the first visit (**58%** with decision aids and **33%** without decision aids).<sup>3</sup>

26%



38%

In a study where decision aids were implemented, the first six months of usage lead to a **26%** reduction in hip replacements and a **38%** reduction in knee replacements.<sup>2</sup>



**Keep your patients from turning to Dr. Google.**

**80%** of patients actively seek information about how to cope with health problems on their own.<sup>4</sup>

Patients whose providers listen to them, elicit goals and concerns, and explain all the options are **3 to 5 times more satisfied** with their providers.<sup>6</sup>



## Looking for Tools to Help Your Providers Optimize Shared Decision-Making?

### **Option Grid™ Decision Aids Can Help**

*Option Grid* decision aids are brief, easy-to-read tools that help patients and providers compare healthcare options. Content is developed using the most current evidence available and is focused on the questions patients most frequently ask when they need to make preference-sensitive decisions. Providers can select two to three options to compare, and for select topics, fill in patient-specific data to customize the grid.

[Learn More](#)

## Sources

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