

Partnering for the Right Treatment Choice

Shared Decision Making with Your Health Care Provider

Shared Decision Making (SDM) occurs when patients and health care providers work together to reach a treatment decision.

Health care providers share treatment options and information about these choices with patients. Patients are educated, supported, and empowered to make the treatment decision that is right for them.

SDM can build a strong, trusting relationship with your health care provider.

Please let us know your thoughts on your current treatment plan. Bring this completed worksheet to your next appointment to guide a SDM conversation with your health care provider.

1. Explain your current treatment plan.
2. Are all parts of this treatment plan clear? Do you need more information?
3. Are there any parts of this treatment plan that worry you? If so, what?
4. Are there any parts of this treatment plan that make you hopeful? If so, what?
5. Were you provided with a treatment choice? If not, are you interested in another option?
6. Are there any concerns that you want to talk about with your health care provider?
7. What are the top three questions you would like to ask your health care provider?

