

GroupHealth



**Shared Decision Making and Use of Patient Decision Aids**

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- I have received research funding and salary support from the Informed Medical Decisions Foundation
- I serve as a Medical Editor for the Informed Medical Decisions Foundation in the area of bariatric surgery
- The Informed Medical Decisions Foundation is a non-profit organization that received most of its funding through partnership with HealthDialog, a health coaching and disease management company
- The Foundation is now part of Healthwise

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➔ **Outline**

- **Who am I?** And how did I get involved in Shared Decision Making?
- **Why Shared Decision Making?** And is it really different from usual informed consent?
- **What are high-quality patient decision aids?** Do they make a difference in the quality of patient care?
- **How did Group Health implement decision aids to support Shared Decision Making?**
- **What have we learned from our evaluation?**
- **Where are headed with this work now?**
- **Questions and answers**

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### Who am I?

- General Internal Medicine
- Obesity Research
- Informed Medical Decisions Foundation
  - Medical Editor
  - Bariatric Surgery Decision Aid
- Group Health
  - Decision Aid Implementation
- Commonwealth Fund
- National Institutes of Health

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### What is Group Health?

- Group Health is a consumer-governed, non-profit health system that integrates care and coverage for over 600,000 residents of Washington state and Northern Idaho (1 in 10 Washington residents)

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### Why Shared Decision Making?

And is it really different from usual informed consent?

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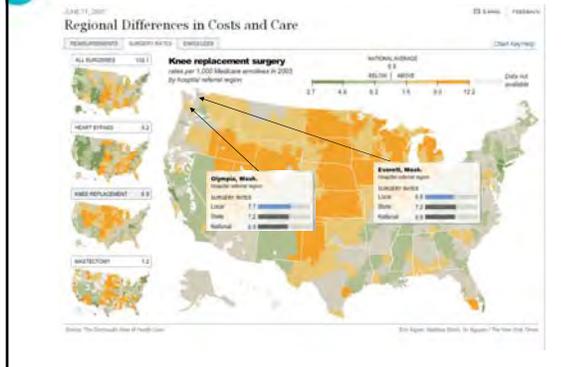
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## Unwarranted variation in surgical care




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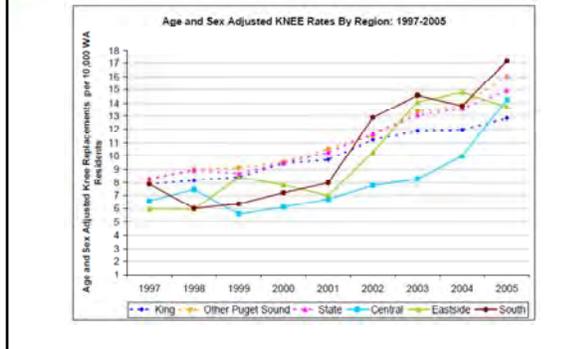
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## Group Health rates of surgical procedures rising




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## Shared Decision Making with Decision Aids helps find the "right rate"

The "right rate" of a given procedure should be based on the choices made by informed patients, with information about, but not dominated by, their physicians' opinions.

Shared decision making, supported by decision aids, should help to establish the true demand for a given treatment option.

In some areas, where the rates of some procedures may increase.

In other areas, the rates may decrease.

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### What is Shared Decision Making (SDM)?

"Shared medical decision making is a process in which the physician shares with the patient all relevant risk and benefit information on all treatment alternatives and the patient shares with the physician all relevant personal information that might make one treatment or side effect more or less tolerable than others. Then both parties use this information to come to a mutual medical decision."

Source: American Journal of Law & Medicine, 2006

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### Six Steps of Shared Decision Making



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## What are patient decision aids?

Do they really make a difference in the quality of care?

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## ➔ What are decision aids?

Resources that help patients make informed decisions with their providers

Information about a patient's health condition

Brochures, DVDs, web tools

Treatment options, risks & benefits

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## ➔ High-quality decision aids do more...

High-quality decision aids provide:

- Clear, up-to-date information about the condition, including risks and benefits of available options and, if appropriate, a discussion of the limits of scientific knowledge about outcomes.
- Values clarification to help patients sort out their values and preferences.
- Guidance or coaching in deliberation, designed to improve the patient's involvement in the decision process.

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## ➔ How did we choose decision aids to implement?



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➔ Evidence for using decision aids

115 randomized controlled trials

- Increased knowledge
- More active patient participation
- Better alignment between values & choices

15 surgery randomized controlled trials

- 20% lower surgery rates (RR 0.79; 95% CI: 0.68 to 0.93)
- No evidence of harms from not having surgery

4 Group Health studies

- Higher patient knowledge & satisfaction
- Lower surgery rates with similar outcomes

2013 Cochrane Systematic Review

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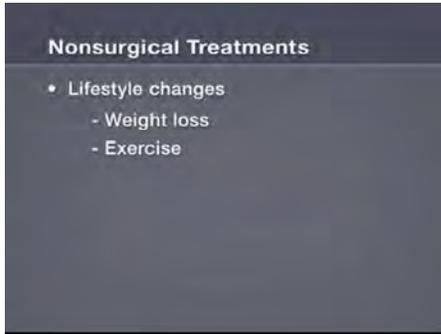
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➔ Clip from Knee Osteoarthritis video (discussing nonsurgical options)



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➔ Clip from Knee Osteoarthritis video (discussing surgical options)



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### But I already DO shared decision-making with my patients...



Of course it is totally up to you, but if it was me, I'd choose to have the surgery.

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### What's the evidence that patients aren't well informed? The DECISIONS Study

- Telephone survey of a national, representative sample of 3,010 Americans age 40 and older
  - Asked about 9 *common* medical and surgical decisions
- Defined a *surgical decision* as
  - Knee replacement decisions, low back surgery decisions, and cataract decisions

Zikmund-Fisher, et al. The DECISIONS Study. Medical Decision Making, Sep-Oct 2010

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### Low Knowledge for Elective Surgical Decisions

- Overall, knowledge was very low for knee/hip replacement and lower back pain surgery, with no question being answered correctly by more than 50% of participants.
- For 2 questions that were asked across the 3 health conditions, accuracy was highest for cataract surgery and lowest for lower back pain surgery

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→ Knowledge questions after using the DA

Over time, without knee replacement surgery, what usually happens to knee pain?

1. Gets better
2. Stays the same
3. Gets worse
4. I'm not sure

Correct

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→ Knowledge questions after using the DA

If 100 people have knee replacement surgery, about how many will have less knee pain when walking after surgery?

1. 25 or fewer
2. 26-50
3. 51-75
4. 76-100
5. I don't know

Correct=89

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→ Knowledge questions after using the DA

If 100 people have knee replacement surgery, about how many will die or have a serious complication, such as a blood clot in the lungs or a serious joint infection, within the three months after surgery?

1. 1
2. 5
3. 15
4. 25
5. I'm not sure

Correct=5

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→ Knowledge questions after using the DA

About how many people who have knee replacement surgery will need to have the same knee replaced again in less than 20 years?

- 1. More than half
- 2. About half
- 3. Less than half
- 4. I'm not sure

← 4-18% correct

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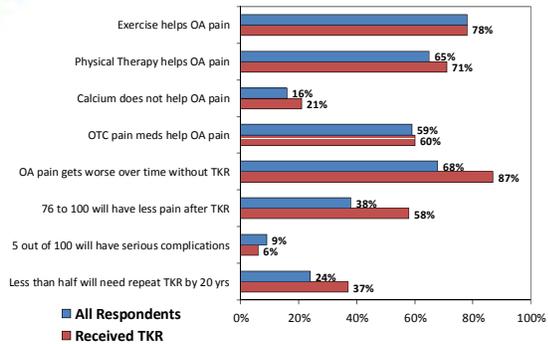
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→ Percent Correct on Knowledge Items: All vs. TKR



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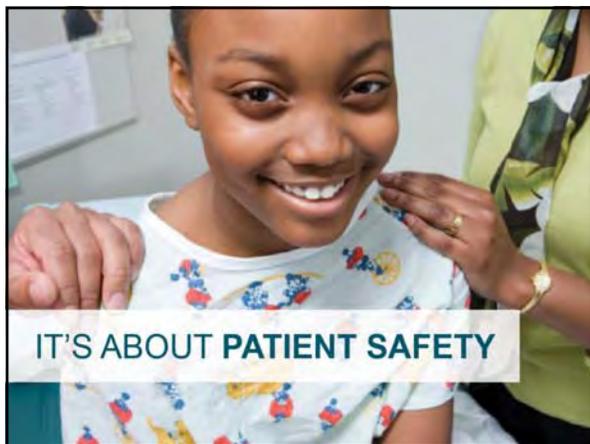
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➔ **Shared decision making – the highest legal standard in Washington state**

- 2007 Washington state legislation:
  - Recognized the use of shared decision making along with high-quality patient decision aids as the highest standard of informed consent
  - Mandated, but did not fund, the state Health Care Authority (HCA) to implement shared decision making demonstration projects
- 2012 Washington state legislation:
  - Authorized the WA state HCA to certify high-quality decision aids

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**How did Group Health implement decision aids to support Shared Decision Making?**

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➔ **“How important is Shared Decision Making?”**

“Nice to do if you have the time and inclination.”



“No patient should undergo a preference sensitive procedure without documented evidence that they got all the information they needed and then had a conversation with their provider in which their preferences were documented before they made their decision.”

**GH leaders want to push us right over here!**

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**IMPLEMENTATION**

- System-wide
- Video-based patient decision aids
- 12 preference-sensitive conditions related to elective surgeries

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**EXPECTED OUTCOMES**

- Improve patient knowledge
- Improve patient satisfaction
- Establish actual rate of demand
- Reduce unwarranted variation

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**→ Twelve Preference-Sensitive Conditions**

<ul style="list-style-type: none"> <li>• <b>Orthopedic Surgery</b> <ul style="list-style-type: none"> <li>– Hip Osteoarthritis</li> <li>– Knee Osteoarthritis</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Women’s Health</b> <ul style="list-style-type: none"> <li>– Uterine Fibroids</li> <li>– Abnormal Uterine Bleeding</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>• <b>Cardiology</b> <ul style="list-style-type: none"> <li>– Coronary Artery Disease</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Breast Cancer – General Surg</b> <ul style="list-style-type: none"> <li>– Early Stage Breast Cancer</li> <li>– Breast Reconstruction</li> <li>– Ductal Carcinoma In Situ</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>• <b>Urology</b> <ul style="list-style-type: none"> <li>– Benign Prostatic Hyperplasia</li> <li>– Prostate Cancer</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Neurosurgery</b> <ul style="list-style-type: none"> <li>– Spinal Stenosis</li> <li>– Herniated Disc</li> </ul> </li> </ul>

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### Key culture change steps

- Required all providers to watch the relevant decision aids
- ½-day CME with outside experts trained 90% of our specialty providers and surgeons
- Monthly feedback to leaders and providers
  - Volume of decision aids ordered
  - Volume of surgical procedures and total costs of surgical procedures
  - Number and percent of surgical patients in each specialty who had surgery without receiving a decision aid
- Patient satisfaction data related to decision aid use

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What have we learned from our evaluation?

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More than 50,000 decision aids delivered since January 2009.

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Large scale implementation of patient decision aids is feasible.

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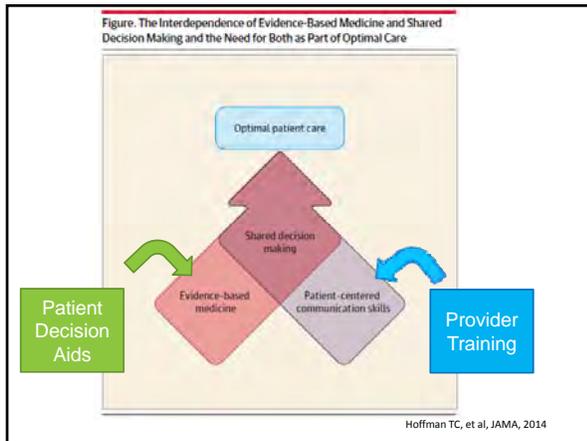
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### Next steps

- Adding new decision aids
- Training providers with online CME program by Healthwise
- Implementing electronic knowledge and preference assessment questionnaires

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### Many new decision aids: Treatment & surgery

Back care:

- Chronic low back pain
- Acute low back pain
- Spinal stenosis
- Herniated disc

Bones and joints:

- Hip osteoarthritis
- Knee osteoarthritis
- Protecting bones from fracture
- Early-stage knee osteoarthritis

Birth decisions:

Breast cancer:

- Breast reconstruction
- Early stage surgery options
- Ductal carcinoma in situ
- Living with metastatic breast cancer

Cardiovascular health:

- Stable chest discomfort
- Carotid artery disease
- Peripheral artery disease
- Heart tests

Cataract surgery

Weight loss surgery

Women's health:

- Abnormal uterine bleeding
- Uterine fibroids
- Managing menopause

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### Many new decision aids: Prevention & staying well

Cancer screening

- Colon cancer screening
- PSA test for prostate cancer

Chronic conditions:

- Diabetes 2
- Coronary heart disease
- Heart failure
- Chronic pain
- Insomnia

Health care:

- Getting the care that's right for you
- Choices for medical care when you're seriously ill

Healthy Aging

Mental health:

- Anxiety
- Depression

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## Acknowledgements

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| • Dave McCulloch | Matt Handley |
| • Charlie Jung   | Nate Green   |
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### Group Health Research Institute

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| • Doug Conrad   | Cindy Watts     |
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