

Shared Decision Making

Your MS. Your Voice. Your Choice.

CAN DO
MULTIPLE SCLEROSIS

WEBINAR 
WEDNESDAYS

THIS WEBINAR IS
SPONSORED BY:



Genentech
A Member of the Roche Group



sanofi

JULY PROGRAMS

Thursday, July 13

JUMPSTART

Assemble Your Ultimate
Healthcare Team

Tuesday, July 18

Your Questions Answered

Shared Decision Making with Your
Healthcare Team

Starting Tuesday, August 9

Coaching Series

How to Reduce Your Risk of Falling



[CANDO-MS.ORG](https://cando-ms.org)

Seattle, WA | September 30

Dallas, TX | November 4

Achieving Balance in Your Life

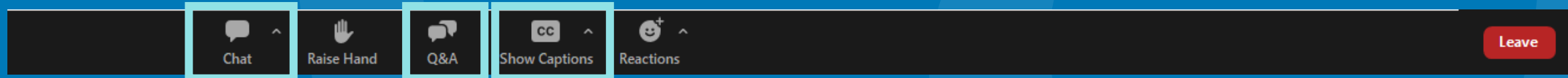
Mind, body, and relationships



Can Do MS Free Community Programs
Both In-Person and Virtual Options

How to Ask Questions During the Webinar

Type in your questions using the Questions Box



Provide comments and engage with the speakers and audience using the **Chat Box**



NEW! Closed captioning



YOUR SPEAKERS



Lucille Carriere
Psychologist

Las Vegas, NV



Suma Shah
Neurologist

Durham, NC

LEARNING OBJECTIVES



- 1 Understand the meaning and impact of shared-decision making in MS care.
- 2 Learn how shared decision-making integrates the provider's expertise with your goals, values, and priorities.
- 3 Learn how to initiate conversations about shared decision-making with your MS care team.

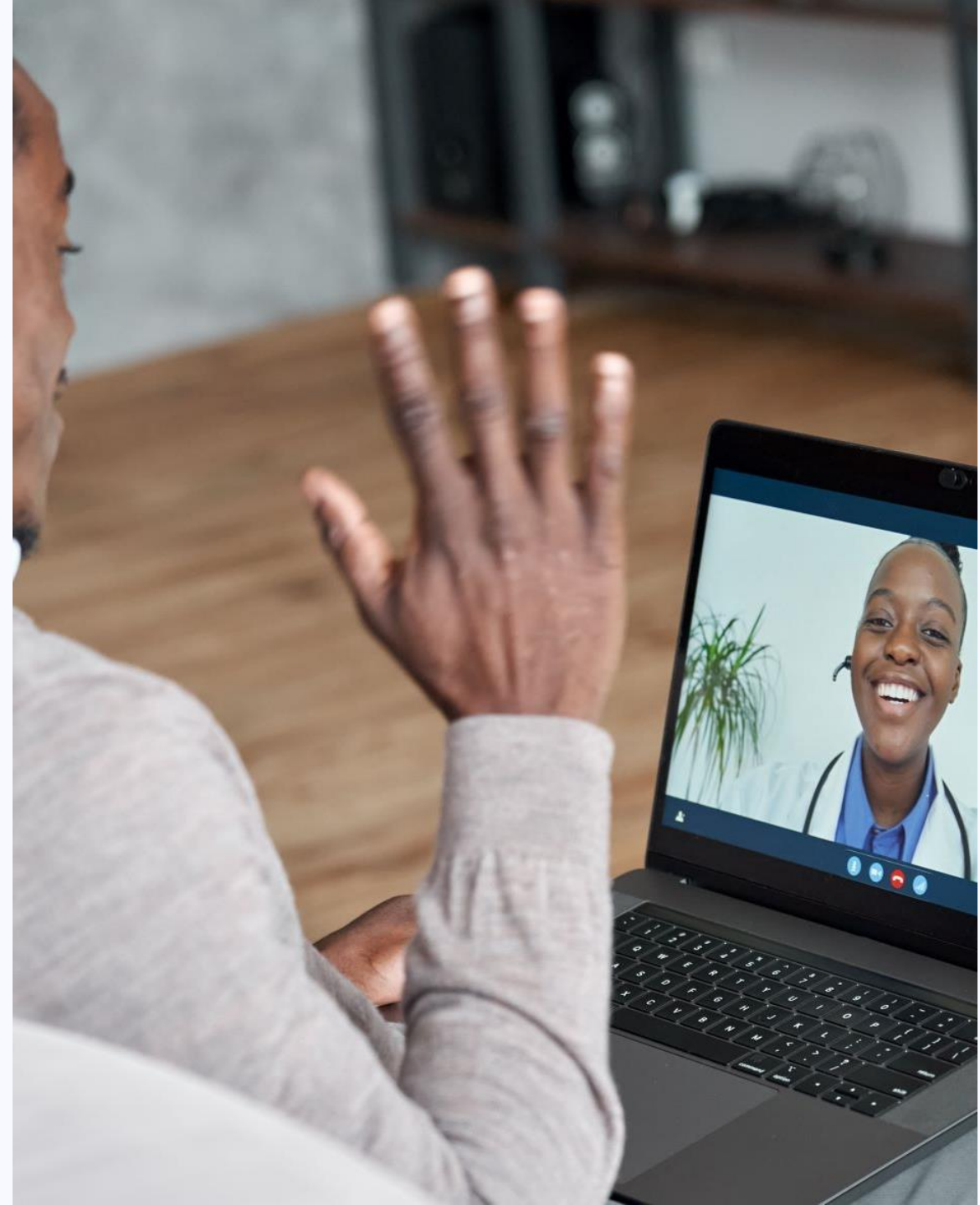
What is Shared Decision Making?



Shared decision making (SDM) has been defined as:
An approach where clinicians and patients share the best available evidence when faced with the task of making decisions, and where patients are supported to consider options, to achieve informed preferences.

What are the components of Shared Decision Making?

- Recognize the decision that needs to be made
- Presenting and discussing available evidence
- Exploring and deliberating on patient's preferences/values into decision
- Making a decision



What is your preferred learning style for medical information?

- A Auditory - listening to the doctor
- B Visual - text/graphs
- C Interpersonal - discussing with others
- D Reading/writing

When might you share in a decision with your provider?

A Starting or changing your DMT

B Other medication change

C Joining a clinical trial

D Considering dietary changes

E Considering starting a physical therapy regimen

F Other-Put it in the chat!

What is your approach to gathering information for your healthcare decisions?

A

Emphasize process of gathering and digesting information

B

Articles from trusted healthcare websites

C

Research/news articles

D

Your healthcare team

E

Family/friends

F

Other-put it in the chat!

Setting the stage

Bring a supportive care partner

Do you have the right person(s) with you?

Know the purpose of the visit

Do your homework ahead of time

- Read
- Write down questions and bring to the visit



How to ask the right questions



Acknowledge your considerations

- What matters to you?
- What side effects are tolerable?
- Which may be unacceptable?
- Is there a delivery method of dosing that is most convenient/fits best with your life?
- Are there elements of your life that the healthcare team might not know unless you shared? (ex: work schedule, etc.)

How to talk with your doctor

Ask open-ended questions

Share information you may already know about the topic

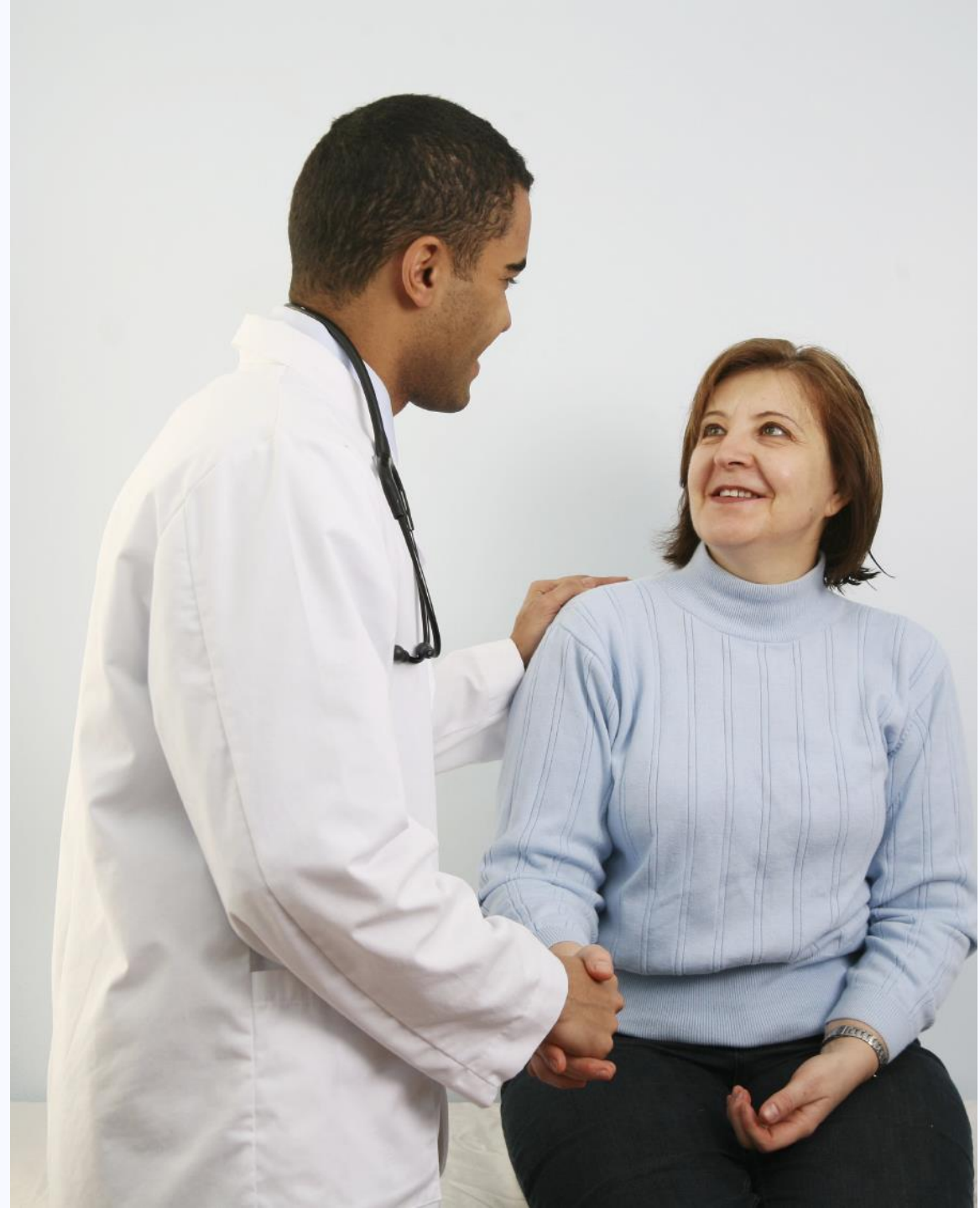
Share your preferences and values

Slow down the pace of the conversation, if needed

“Can you slow down a bit?”

“Can you repeat X part again?”

“Do you have a visual you can show me?”



Barriers



Cognitive challenges

Mood symptoms

Fatigue

Felling intimidated/fear

Support partner is *over* or *underactive* in the doctor's visit

Overwhelmed with information

Miscommunication regarding purpose of the visit

Mismatch with your provider's personality and/or approach

Support partner strategies



Discuss with your loved one how *they* feel best supported by you.

Communication is key.

During the visit, collaborate on your role:

- Take the lead or supportive role?
- Monitor the pace of the visit?
- Ask lots of questions?
- Take notes?

Adapting to different types of providers



Get to know your provider.

How are they most likely to share information:

- Share online resources, talk during a visit, speak to a member of the healthcare team.

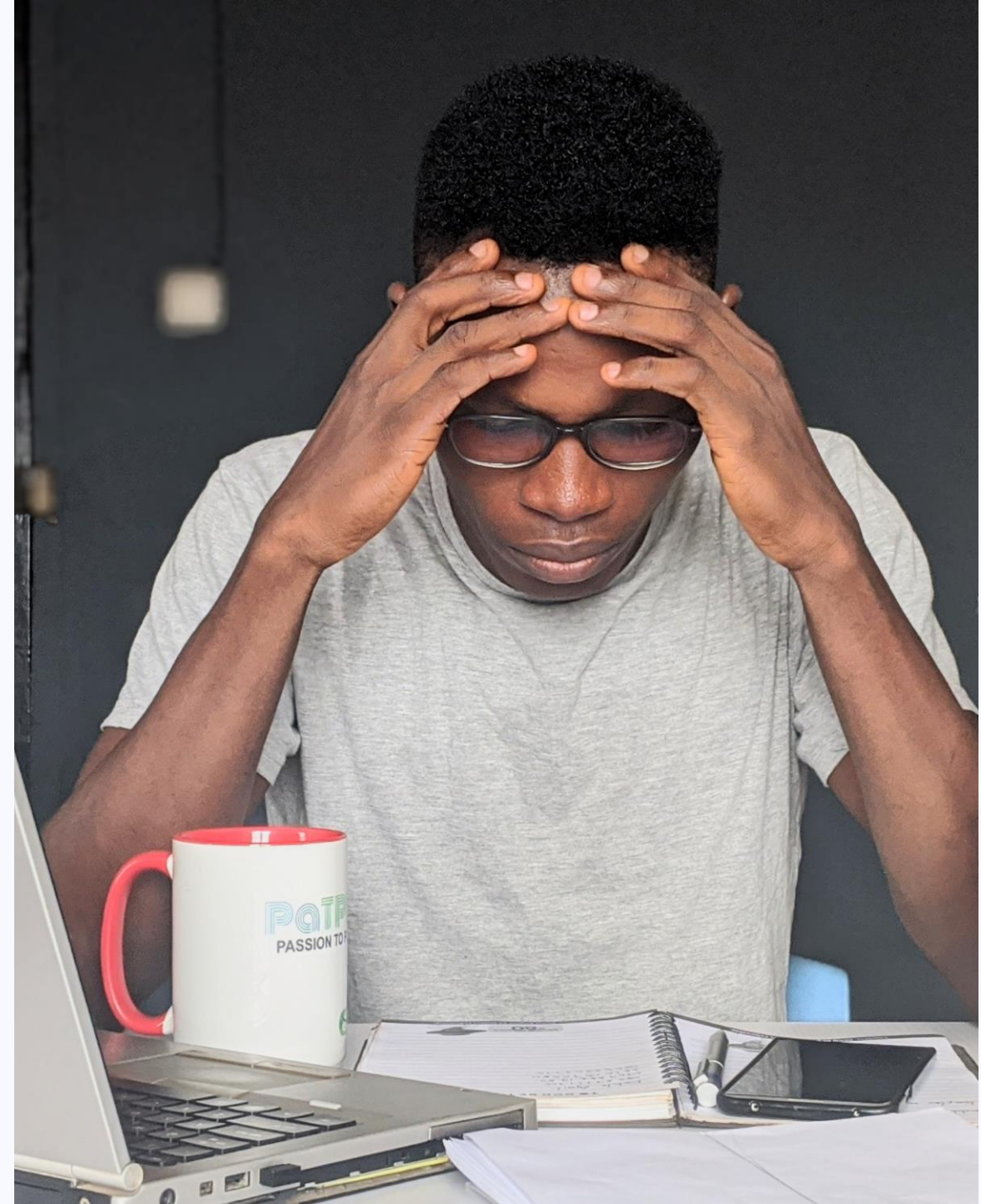
What are their goals in partnering in your care?

Vignette # 1

“The doctor’s not listening to me.”

Strategies on how to change the patient-provider dynamic:

- Clarify the goals of the visit
- Explain how you learn best
- Identify the role of your support partner
- Express your values/preferences
- Evaluate the communication barriers: what can you control? And what is outside of your control?



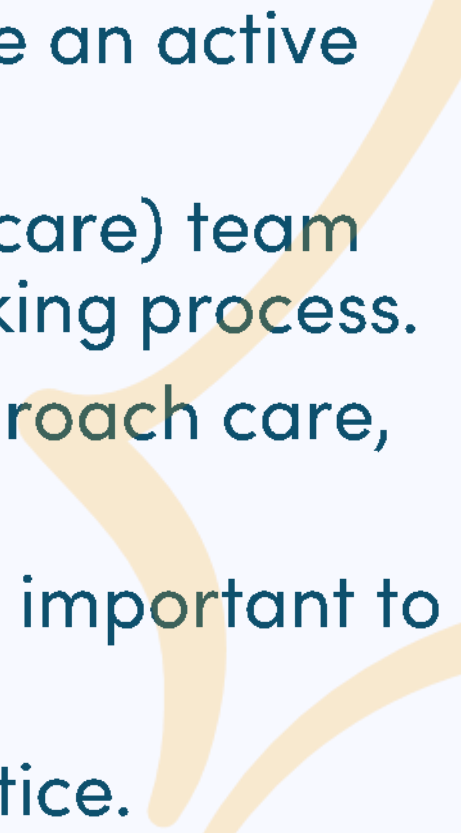
Vignette # 2

“I just got diagnosed, my doctor says I should be on a once daily pill. The side effects seem terrible, and I have heard great things about other types of therapies, what should I do next?”

- Advocate for yourself
- If there are concerns or conflicts, start the visit by addressing them up front:
 - *“I read about X, can you tell me more about it?”*



Key Takeaways

- Shared decision making allows for patients to be an active participant in their care plan.
 - Determine how those in your support (or healthcare) team can support you during the shared decision making process.
 - There can be more than one correct way to approach care, when accounting for the individual patient.
 - Knowing yourself and which aspects of care are important to you will help you best advocate for yourself!
 - Self-advocacy is a learned skill – but takes practice.
- 

Q+A



CONNECT WITH US



TIKTOK

@CanDoMultipleSclerosis



FACEBOOK

@CanDoMultipleSclerosis



TWITTER

@CanDoMS



INSTAGRAM

@CanDoMultipleSclerosis

08.02.2023

Next Month:

Integrative Medicine

Combining the Best of Interventional Medicine
& Other Evidence-Based Therapies

CAN DO
MULTIPLE SCLEROSIS

WEBINAR 
WEDNESDAYS



The preceding program is copyrighted by Can Do Multiple Sclerosis. It is provided for your personal educational and referential use only. Any repurposing or dissemination of its content requires the consent by Can Do Multiple Sclerosis.

© CAN DO MULTIPLE SCLEROSIS