

Shared Decision-Making Patient Checklist for New Therapies and Diagnostic Tests

This checklist helps patients and healthcare providers collaboratively evaluate new therapies and ensure informed decision-making. Think about these when doing SDM. Remember to use compassion in every step of the process.

Step 1: Understanding Potential Therapies

- What are the therapies?**
Name of the therapy and its primary purpose.
- How do they work?**
Brief explanation of the therapies mechanisms of action.
- What conditions are these therapies designed to treat?**

Clarify if it targets your specific condition or symptoms.

Step 2: Assessing Effectiveness

- **How effective is the therapy?**
- Expected benefits (e.g., symptom relief, disease control).
- Clinical trials or real-world evidence supporting each one's use.
- **How long before I might see results?**
- **Are there alternative therapies available?**
- **No therapy or holistic therapies with support**
- Compare effectiveness with other options.

Step 3: Evaluating Risks and Side Effects

- **What are the potential side effects?**
- Common, rare, and serious side effects.
- **What risks are associated with this therapy?**
- Short-term and long-term risks to consider.
- Strategies or precautions to reduce adverse effects.

Step 4: Practical Considerations

- **How is the therapy administered?**
- Oral, injectable, IV, or other methods.
- **How often do I need to take or receive this therapy?**
- Dosing schedule and duration.
- **Does this therapy require special monitoring?**
- Blood tests, imaging, or other follow-ups.
- **What happens if I miss a dose or treatment?**
- Clarify steps to take and potential consequences.

Step 5: Cost and Accessibility

- **How much does the therapy cost?**
- Include out-of-pocket expenses, insurance coverage, and assistance programs.
- **Is it covered by my insurance?**
- Confirm with your provider or insurer.
- **Are there financial assistance options?**
- Check for manufacturer discounts or nonprofit programs.

Step 6: Lifestyle Impacts

- **How will this therapy affect my daily life?**
- Time commitment, convenience, and potential disruptions.
- **Are there lifestyle changes I need to make?**
- Dietary restrictions, exercise recommendations, or other adjustments.

Step 7: Alignment with Personal Goals

- **How does this therapy align with my health goals?**
- Relief of symptoms, long-term disease control, or quality of life.
- **Does this therapy fit with my values and preferences?**
- Consider natural approaches, invasive procedures, or specific concerns.
- **Am I ready to commit to this therapy?**
- Assess confidence and readiness for adherence.

Step 8: Follow-Up Plan

- **When will we evaluate the effectiveness of this therapy?**
- Timeline for reviewing progress and making adjustments.
- **What should I do if I experience side effects or new symptoms?**
- Steps to take and contact information for urgent concerns.
- **What is the next step if this therapy doesn't work?**
- Explore alternative options or adjustments.

This checklist ensures patients are well-informed and engaged in their care. Consider these areas when discussing SDM. Have patients bring it to appointments to guide discussions with their healthcare provider.

HCPs may want to develop a more tailored checklist for a specific condition or therapy?

Can utilize AI to edit customized disease state checklists.

Examples include food allergy, EOE, asthma, CRSwithNP, AD etc