

# Example

## Shared Decision-Making

Shared Decision-Making (SDM) is an important component of patient-centered care. Much of the literature about SDM focuses on making major treatment decisions, but shared decision-making should be a part of everyday treatment discussions that impact the patient's plan of care.

This document uses the **SHARE** approach to guide an example of shared decision-making in practice with the common challenge of increased fluid gains between treatments.

**S**eek your patient's participation.

**H**elp your patient explore and compare treatment options.

**A**ssess your patient's values and preferences.

**R**each a decision with your patient.

**E**valuate your patient's decision.

### Seek Your Patient's Participation

"During the last three treatments, we have noticed that your weight gains have been higher than they were before. Extra fluid can make your heart work harder and is often harder to remove during the amount of time you are on dialysis. There is some information I'd like to share with you and answer any questions before we decide on what the next steps should be."

### Help Your Patient Explore Treatment Options

#### Assess patient knowledge

"What have you heard about how extra fluid can affect you?"

#### List and review pros and cons of options

"There are a few options we can talk about. Each may have different effects for you compared with other people, so I want to describe them:

1. **Diet and fluid restrictions:** We can look at your diet and help you with a plan to work on limiting your fluids between treatments. You will be in charge of this and it will take more effort on your part to change any habits like limiting salt intake. Fluid gains would need to be under \_\_\_\_\_ between treatments.
2. **Increase treatment time:** We could increase the amount of time you are on dialysis from 3.5 to 4 hours; this would require you to be at dialysis longer so your schedule would change. Staying for your full treatment could be a challenge as it has been in the past.
3. **Change nothing and continue to monitor:** This would risk more fluid gathering around your heart and lungs. You may not see a difference right away, but it can do permanent damage."

#### Use teach-back to check for understanding about their options

"I want to make sure I explained the options well, tell me what you heard me say."