

SHARED DECISION-MAKING

IN ENDOMETRIOSIS AND UTERINE FIBROIDS

WHAT IS SHARED DECISION-MAKING?

- An essential part of patient-centered care
- Engage and empowers patients to participate in their care
- Work together with patients to choose tests and treatments
- Balance expected outcomes and risks with patient preferences



ENGAGING INDIVIDUALS WITH ENDOMETRIOSIS AND UF IN SDM: APPROACH TO PATIENT VISITS

Evaluate what patients may already know about their condition or treatment options



Use open-ended questions, listen actively, and display empathy and interest in the patient's concerns

Inquire about symptoms

- Reinforce that symptoms are not normal
- Ask about effect of symptoms on quality of life



Present all available management options—including watchful waiting and forgoing treatment

Assess goals of treatment

- Preference for medical or surgical treatment
- Future fertility goals
- Which symptoms are most bothersome

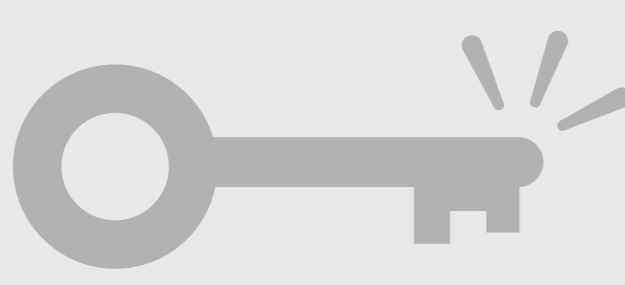


FAQ

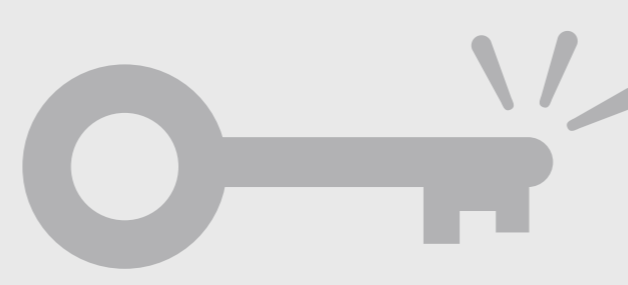
Address common questions

- What are potential side effects of treatment?
- What outcomes can be expected from treatment?
- Can lifestyle changes improve symptoms?

KEY POINTS TO EMPHASIZE TO EMPOWER PATIENTS



Symptoms of endometriosis and uterine fibroids are not normal



Both medical and surgical treatment options are available—you have choices



Reducing symptoms and improving quality of life are potential treatment goals

HELPING PATIENTS STAY CONTINUOUSLY ENGAGED



- Provide additional information: Pamphlets, videos, and online resources can provide additional information for patients
- Be aware of language and health literacy needs
 - Use visual aids when possible
 - Use estimated numbers vs descriptive terms (1 in 1000 vs low risk)
- Remind the patient to contact your office for any questions or concerns
- Use a teach-back method to evaluate how well your patient understands the information you provided

MAKING SDM A PART OF EVERY VISIT: AN EXAMPLE CHECKLIST

- **Assess patient symptoms**
 - How are you feeling since the last time we met? Tell me about anything that might feel better or worse.
 - How have your symptoms been affecting your everyday life?
- **Assess side effects, adherence, and other medication challenges**
 - How is your medication making you feel?
 - Are you having any difficulty obtaining your medication?
 - Tell me about any challenges you may be having taking your medication every day.
- **Re-evaluate patient goals, values, and preferences**
 - Tell me about what has been going on in your life since we last met that might have changed your treatment goals, needs, or wants.

REFERENCES

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ABBREVIATIONS

- SDM: shared decision-making
UF: uterine fibroid