

## Patient information factsheet

# Your shared decision making appointment

This factsheet explains what is meant by shared decision making (SDM) and provides you with some information to help you get the most from your hospital appointment.

### What is shared decision making (SDM)?

Shared decision making (SDM) is a joint process through which a healthcare professional supports a patient to reach a decision about their care or treatment.

It aims to help the patient choose tests and treatments based both on:

- medical evidence
- the patient's individual preferences, beliefs and values

It makes sure the person understands the risks, benefits and possible consequences of different options through discussion and information sharing.

Research has shown that people find they are happier with their care and are more likely to stick with their treatment or care plans when they are jointly involved in decisions about their treatment.

### Questionnaires we'd like you to complete

Before and immediately after your appointment, you will be asked to fill out some short questionnaires about how you are feeling and whether the appointment and information you received was helpful. Your responses will help improve our service in the future.

Please visit the websites below and complete the short questionnaires within the following timescales:

1. **Before** your appointment: <https://gthr.co.uk/dcc6>
2. **Immediately after** your appointment: <https://gthr.co.uk/044f>
3. **6 months after** your appointment: <https://gthr.co.uk/b83e>  
(you will also be contacted by a member of our team via email or a phonecall).

If you require any assistance with these questionnaires, please contact the perioperative medicine team using the contact details on page 2.

### Before you see your healthcare professional

- Write down any questions you want to ask.
- Think about what you want to get out of your care and goals for treatment.  
These may include:

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- improving symptoms
- taking fewer medications
- increasing your activity levels
- If you require any additional support, let us know in advance so that it can be arranged. This may be help with communication, such as an interpreter, or you may wish to bring a family member or friend with you to the appointment.

## During your consultation

- Write things down if you need to, to help you remember what has been discussed.
- Tell your healthcare professional:
  - what you would like to speak to them about.
  - if you need more information or if there is something you don't understand.
  - if you need information in a different format, such as large print, or if you need someone to help you understand what is being said.
- You can ask for written explanations if you are finding it difficult to understand medical words.
- Confirm what happens next and when.
- Find out who to contact if you have any questions or problems.
- Remember that you can ask your healthcare professional for your results at any time and your GP has access to all your hospital records electronically.

## Further information

If you have any questions, please get in touch with the perioperative medicine team.

Email: [POM@uhs.nhs.uk](mailto:POM@uhs.nhs.uk)

You can also contact our clinical nurse specialist for shared decision making.  
Telephone: **07501 405441** or **023 8077 7222** ext **5469**

## Ask 3 Questions

The Ask 3 Questions campaign encourages shared decision making by reminding patients to consider three simple questions when making decisions about their healthcare:

- What are my choices?
- What is good and bad about each choice?
- How do I get support to help me make a decision that is right for me?

You can find out more via the 'Useful links' section below.

The poster features the NHS logo at the top right. The title 'Ask 3 Questions' is in large blue font. Below it, the text reads: 'There may be choices to make about your healthcare. Make sure you get the answers to these three questions:'. Three speech bubbles contain the questions: 'What are my choices?' (red), 'How do I get support to help me make a decision that is right for me?' (green), and 'What is good and bad about each choice?' (orange). Below the bubbles is an illustration of a diverse group of people, including a man, a woman, a man in a wheelchair, a woman with a stroller, and three healthcare professionals. At the bottom, three question marks are shown above the text: 'Your healthcare team needs you to tell them what is important to you. It's about shared decision making.'

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## Useful links

### NHS England

<https://www.england.nhs.uk/shared-decision-making/>

### NICE (National Institute for Health and Care Excellence) guidelines

<https://www.nice.org.uk/about/what-we-do/our-programmes/nice-guidance/nice-guidelines/shared-decision-making>

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

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