

SELF-MANAGEMENT EUROPE ALERT

ISSUE 01
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Welcome to the first issue of the Alert of Self-management Europe. These Alerts aim to contribute to greater awareness and accessibility of self-management support in patients, especially in those living with a chronic condition. The Alerts address healthcare professionals, managers and other stakeholders looking for practical recommendations to implement practices that enhance self-management and patient empowerment.

¡PRACTICE
SHARE!

THE ART OF SHARING
CLINICAL DECISIONS.

EMPOWERING PEOPLE TO TAKE AN ACTIVE ROLE IN THEIR HEALTHCARE

Studies indicate
that SDM has not yet
been sufficiently adopted
in clinical practice!

Every day patients, healthcare professionals and other stakeholders make life-changing health-related decisions. The exponential increase in the number of scientific studies and patients' longer life expectancy, considerably increase the quantity and complexity of decisions to be made and the challenge of keeping track of relevant information.

Moreover, patients want to play an increasingly active role and have the right to make informed decisions based on the best available evidence and their preferences and values.¹ To accomplish this, **Shared Decision Making (SDM)** is crucial but not easy to implement.

Being able to understand **what truly matters to patients** when making decisions together is an achievement that makes the work of healthcare professionals meaningful and rewarding.

HELP PATIENTS TO MAKE INFORMED DECISIONS ABOUT THEIR HEALTH

In the last years, the concept of **Shared Decision Making (SDM)** has been extended.² SDM and self-management are now accepted as key dimensions in **patient empowerment**.³

Out of different definitions we subscribe one that describes SDM as a **conversation in which patients and healthcare professionals** talk together about how to manage a health problem until they reach a sensible solution that is acceptable to both.^{4,5}

Patient Decision Aids (PDAs) provide evidence-based information about options, benefits, risks, and uncertainties in a plain way and help to encourage patient involvement. Below you find resources where to find them.

Patient Decision
Aids (PDAs) help
to encourage
patient involvement

HAVING MEANINGFUL CONVERSATIONS

In many situations, PDAs are not available, or we have to make decisions that involve great uncertainty, in which it is essential to facilitate patient participation to make decisions in accordance with their values and preferences.⁷

SHARE is the acronym for one of the models developed to facilitate the implementation of SDM and guide these conversations between professionals and patients.⁸ It consists of five steps (Figure 1) which we have elaborated into seven SHARE steps.

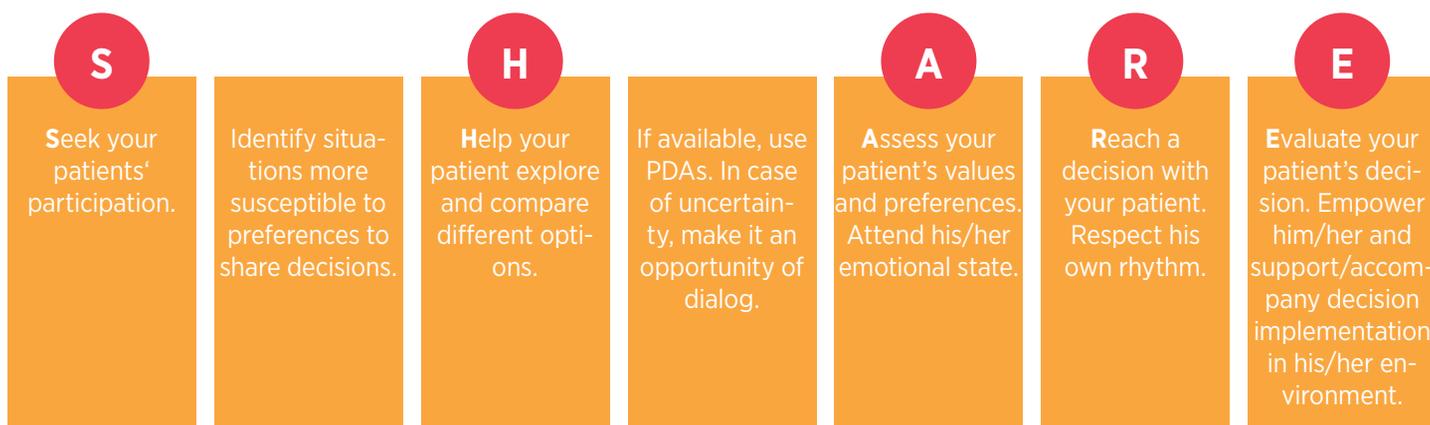
THE SHARE APPROACH

5 Essential Steps of Shared Decision Making



Figure 1, own representation based on The SHARE approach

HERE WE PRESENT AN ADAPTATION



PATIENT DECISION AIDS. RESOURCES

[Ottawa Hospital Research Institute: Patient Decision Aids \(Canadá: english and french\)](#)

[Laval University Decision Box \(Canadá: english and french\)](#)

[Care that fits \(antes Mayo Clinic SDM Resource Center\) \(USA: english and spanish\)](#)

[AHRQ Effective Health Care Program \(USA: english and spanish\)](#)

[DynaMed Shared Decisions- EBSCO \(USA: inglés\)](#)

[NHS: Shared Decision Making \(UK: english\)](#)

[NICE Patient Decision Aids \(UK: english\)](#)

[Magic Evidence Ecosystem Foundation: MAGICapp \(UK: english\)](#)

[Decisions compartides \(Spain: spanish, catalan and english\)](#)

[PyDeSalud \(Spain: spanish\)](#)

[Harding Center for Risk Literacy \(Germany: english and german\)](#)

[Share to Care \(Germany: german\)](#)

[MED-DECS \(Netherlands: english and dutch\)](#)

[Decision Aid \(Netherlands: english and dutch\)](#)

They must accomplish international quality standards that have been recently revised.⁶

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