

Development and user-testing of patient decision aids for self-management interventions for four chronic conditions: COMPAR-EU project

Claudia Valli, Ena Niño De Guzmán, Marta Ballester, Carola Orrego, Ana-Isabel Gonzalez, Monique Heijmans, Paula Zietzsch, Oliver Groene, Pablo Alonso-Coello, for the COMPAR-EU Consortium

Introduction

Decision aids enable patients to compare between several treatment options. These tools include information on the most important outcomes, the certainty we can place on the results of the research results, as well as practical considerations about the interventions being considered (e.g., burden).

Objective

To develop an interactive electronic decision aid for patients with one of the four chronic conditions (type 2 diabetes, obesity, heart failure and COPD) making decisions about self-management interventions (SMI).

Methodology

We followed a systematic iterative mixed methods process including:

- scoping and design,
- development of a mock-up and prototype,
- user-testing with patients and clinicians.

Results

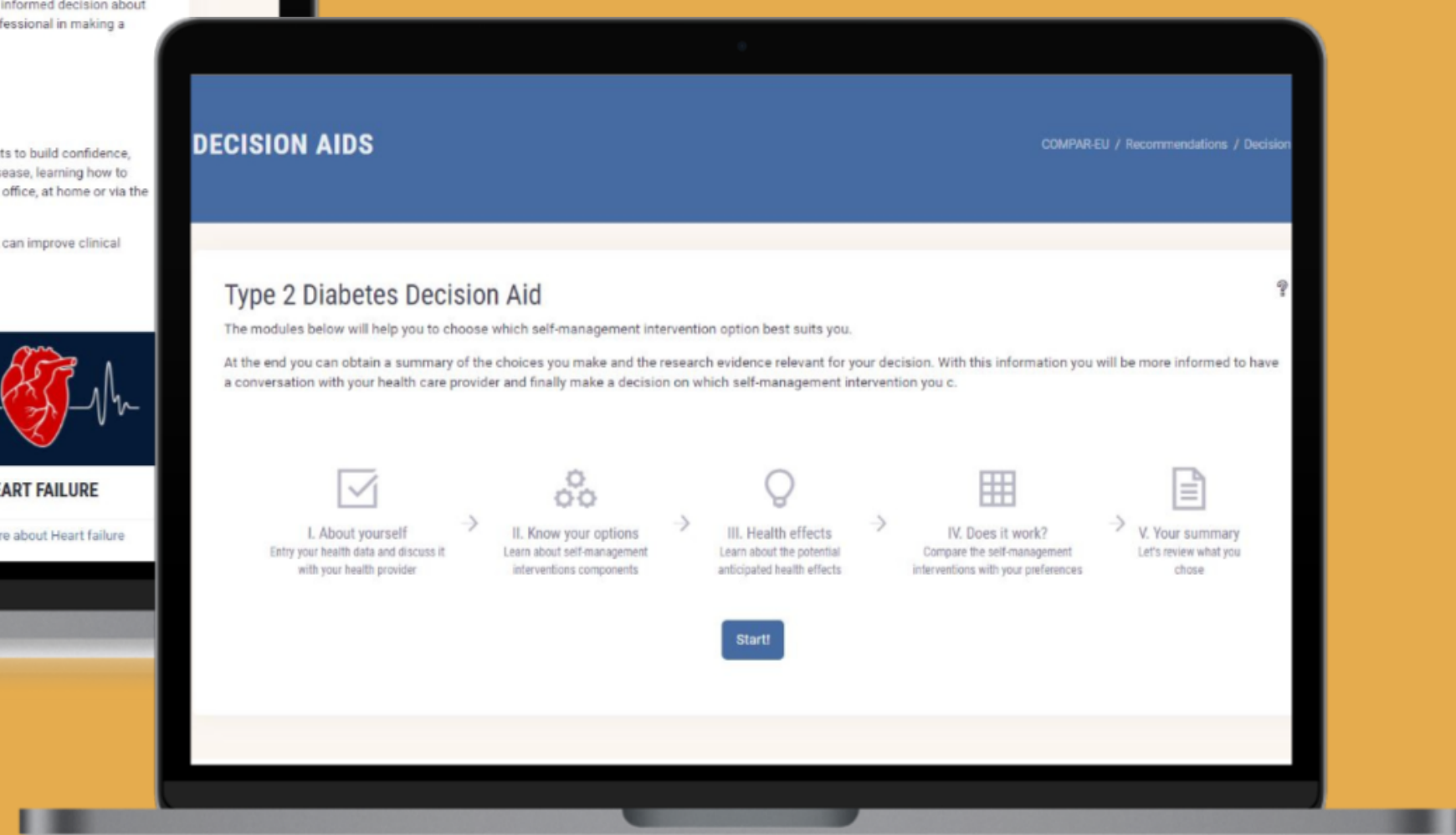
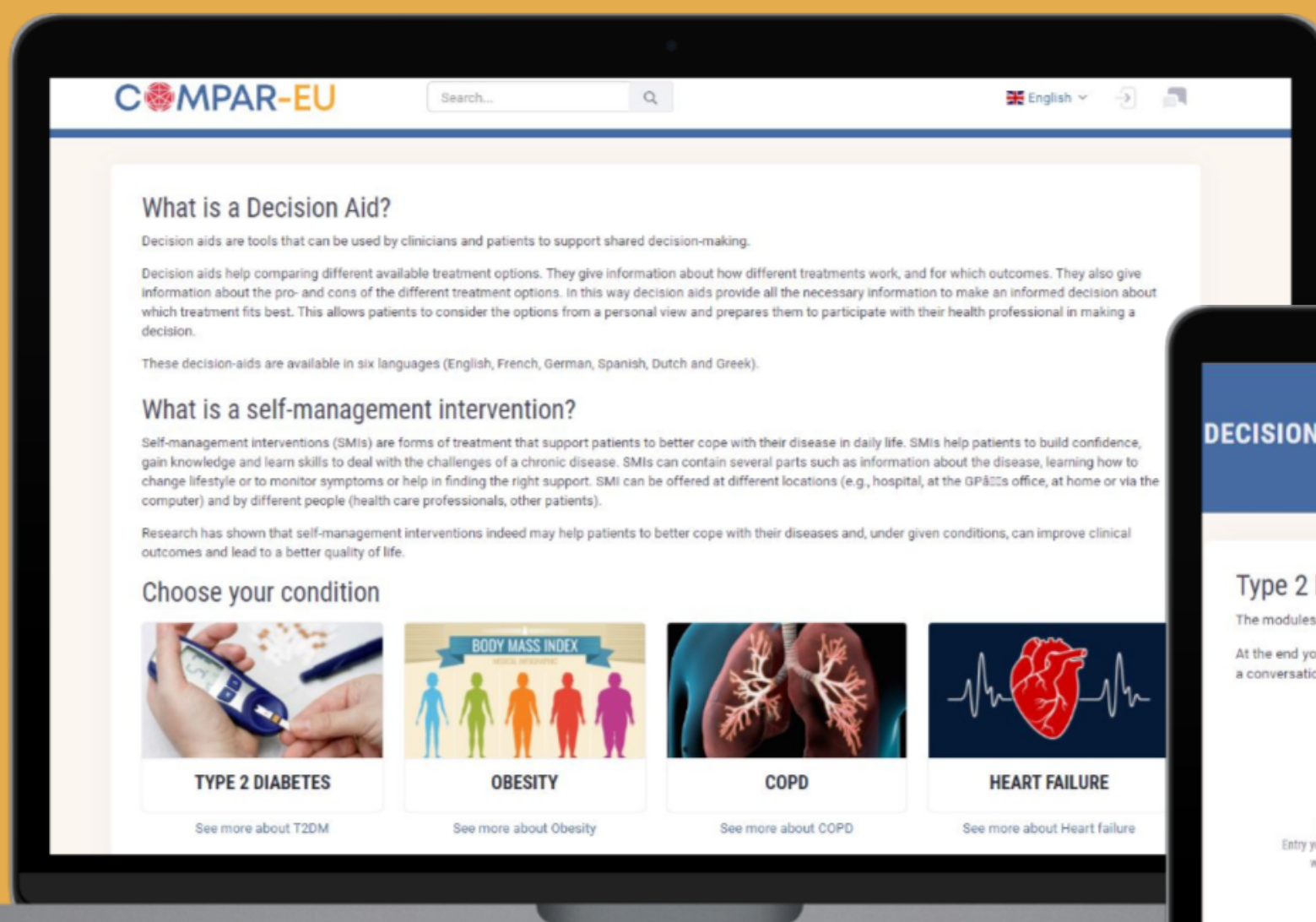
The decision aids will be available through an IT platform and they will include five modules:

- About yourself
- Know your options
- Health effects
- Does it work?
- Your summary

Each module guides users through the process of choosing which SMI option best suits their preferences, with respect to the different intervention components and outcome. The fifth module provides an overview of the choices made and the research evidence relevant about the effects.



The process was overseen by a multidisciplinary stakeholder group that included patients, clinicians, methodologists, and other relevant stakeholders. We adhered to the SUNDAE checklist (1).



Conclusion

These decision-aids can help patients and clinicians to discuss the pros and cons of SMIs and facilitate decision-making at the point of care. The decision-aids will be produced in six languages (English, French, German, Spanish, Dutch and Greek) using plain language.

Related Literature

- Sepucha KR, Abhyankar P, Hoffman AS, Bekker HL, LeBlanc A, Levin CA, Ropka M, Shaffer VA, Sheridan SL, Stacey D, Stalmeier P, Vo H, Wills CE, Thomson R. Standards for UNiversal reporting of patient Decision Aid Evaluation studies: the development of SUNDAE Checklist. *BMJ Qual Saf.* 2018 May;27(5):380-388.