## What is Share Decision Making?



A joint discussion with healthcare personnel on your expectations of medical treatment



# Step 1: Share with your physician Share with your physician

#### **Share your expectations**

- 1. Previous medical experiences of your own or your family.
- 2. What kind of care do you wish to receive?

#### Share by physician

- 1. Professional experience.
- 2. Evidence-based recommendation





### What is Evidence-based?



1. Results obtained from rigorously conducted studies

2. Oversea experiences





## Step 2 : Ask Questions and Make Decisions



You are in control of your own health

The 3Q is very important

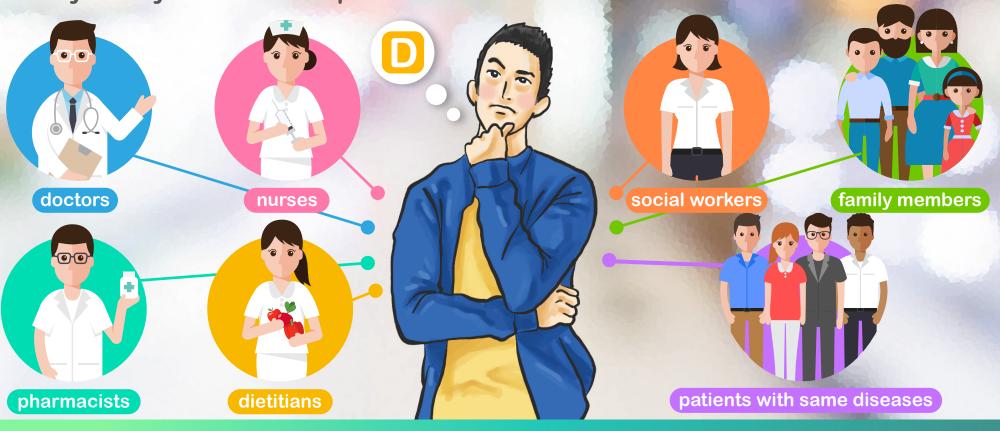
- 1. What are my options?
- 2. What are the pros and cons of each option for me?
- 3. How do I get support to help me make a decision that is right for me?





### During the decision making Puring the decision making the decision making ma

- 1. Healthcare professionals, including: doctors, nurses, pharmacists, dietitians and social workers.
- 2. My family members or patients with same diseases.



## Step 3: Your health decisions Make your own choices







Continue to communicate with healthcare personnel and receive the most suitable service solution.

Put your own decisions into practice.

### Summary of key points



Know your own conditions, share your expectations for the treatment, and discuss about the best suitable options for you.

