

What is Share Decision Making?

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

Share

Decision

Making



Step 1 :

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
3. Domestic 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 process, **who can I discuss with?**

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

1

Start from
changing
lifestyle.



2

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

3

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.

Share

Decision

Making

