

Shared decision-making

Shared decision-making describes a process in which people and health professionals work together to select tests, treatments, management or support packages, based on evidence and what the person thinks is right for them. **Like Personalised Care and Support planning it means a better conversation.**

Shared decision-making is appropriate when someone needs to make a decision about treatment when there is more than one option (including the 'no treatment' option) such as:

- Decisions about diagnostic and screening tests
- Decisions about starting medication
- Decisions about undertaking surgical procedures (shared decision making is an important component of the consent process)
- Selecting maternity care and delivery plans
- Advance care plans for mental health and end-of-life decisions

The acronym BRAN can help people to prepare and for a shared decision-making conversation;

- **What are the Benefits?**
- **What are the Risks?**
- **What are the Alternatives?**
- **What if I do Nothing?**



What if I do Nothing? In this video, Claire Valsler talks about the difference a shared decision-making approach has made to her.

More information about shared decision making

- More information about shared decision-making can be found on the Choosing Wisely website [read here](#)
- Training in shared decision-making is available at The Personalised Care Institute website
- The General Medical Council has updated its guidance on decision-making and consent [read here](#)
- The NICE Guidelines on shared decision-making [read here](#)
- More about personalised care and shared decision-making [read here](#)

