

Collaboration in Shared Decision Making

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Shared Decision Making during a consultation

Background

When you have rheumatoid arthritis (RA) you often have to make a choice about your medication, therapy or care. It is good to decide together with your doctor about the treatment that is best for you. This process of deciding together is called shared-decision-making (SDM).

Aim

The aim of our project was to answer two questions:

1. How do people with RA decide together with their doctor?
2. What can our patient organization do to support this process?

Method

Three RMD departments in the Netherlands participated in our project between January 2020 and March 2021. The project was supervised by a projectteam. Two patientpartners were part of this team.



RMD professionals in each team recorded one consultation.



Consultations were analyzed on the process of SDM.



Each RMD team received training in SDM.



RMD teams worked on points for improvement.



Tools for supporting SDM were created.



A second round of recordings of consultations followed.



RMD teams stated points for further SDM improvement.



Results were presented in a [webinar](#), at [EULAR 2021](#) and at the congress of the Dutch scientific society.

Results

59 consultations were recorded and analyzed.

Main results were:



Patients are not always made aware that a choice for treatment has to be made and that their opinion matters.



Tasks within the process of SDM are not always allocated clearly among RMD specialists and nurses.



Patient values and outcomes of treatment that a patient finds important are not always regarded in SDM.

We made the following training materials:

Aids for RMD professionals:

- Training book: SDM for RMD professionals
- Consultation Aid: Overview of import steps in SDM
- Manual: How to evaluate your consultation on SDM
- Memo: Integrating patient reported outcomes in SDM
- Roadmap: Re-designing RMD care to SDM

Aid for patients:

- Value Clarification Aid: What is important to you when considering a treatment option? (under construction)

Conclusion

A continuous implementation programme on SDM can enhance patient centred care. This programme needs to be implemented on the side of the RMD professionals and their patients but also on the managementlevel of an RMD department. Patient organizations can take on a significant role in such a programme.

Shared Decision Making: values that matter

Background

Sorting out what matters to you with regard to your RA treatment is essential.

Aim

The aim of our project was to answer the question:

Which values matter most to people with RA when making a choice about their treatment?

Method



Interviews with people with RA were conducted.



An online survey among people with RA was sent out.



Results were [published](#).

Results

10 interviews were conducted, 126 people with RA filled in the survey. A variety of values may guide the health treatment decisions of people with RA. We found 66 values among four domains. The values in the domain with 'decisional values' were found most important.

Decisional values:

- effectiveness of treatment on: inflammation, functioning, pain and fatigue
- avoiding negative side-effects
- staying in good physical condition.

Situational values:

- staying independent
- being able to meet people
- leading as normal a life as possible.

External values:

- People with RA prefer an RMD professional who:
- takes comorbidity into account
 - has enough time
 - takes the patient seriously



Global values:

- Autonomy
- Self-image
- Intimacy



Conclusion

A variety of values may guide patients' health treatment decisions within RA care. Patients and professionals should discuss patients' values continuously.

Discussion

Our study population was representative of the Dutch population of patients with RA in terms of age, sex and co-morbidity. Participants in our study may not reflect the views of people with RA coming from other cultural backgrounds.

Future plans

We will be organising a focusgroup in november 2021 to look into the question: What are the values of people with RA living in The Netherlands with a migrant status?



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