

Shared Decision Making

Shared Decision Making (SDM) refers to the process of joint decision-making between patients and their treating physicians. Patients are informed about all evidence-based treatment options that may be considered in their situation, including the associated advantages and disadvantages. The BZKF project group SDM has set itself the task of implementing SDM at the six Bavarian university hospitals and is developing scientific questions for further coordinated research activities.



Speaker: Prof. Dr. Claus Belka, Munich
Coordination: Serap Tari, Munich

Goals

The goal of SDM is to decide on a therapy that accounts for the medical as well as the personal needs situation of the patient in their respective life situation. Depending on the individual disease, these decisions in oncology can cover a spectrum from the most modern methods of tumour therapy to palliative care. In this context, every patient has the opportunity to consciously decide against receiving information about treatment options if they do not want to be involved in the therapy decision. SDM increases patient competence as well as adherence to treatment, overuse, underuse and misuse are reduced, thus increasing the quality of care and patient safety. Last but not least, SDM leads to greater patient and physician satisfaction. A joint decision by doctor and patient within the framework of SDM reduces the risk of patients regretting their decision after treatment.

Milestones

The task of the SDM project group is to establish a structure to facilitate scientific projects on the topic of SDM. In the context of patient-centred care for patients with cancer, the BZKF is pursuing the systematic implementation of SDM with the project "Bavaria goes SDM" as the first federal state in Germany. For prostate cancer two decision aids have been created with the University Hospital Augsburg and the LMU Hospital Munich. From July 2023, the introduction of SDM will be carried out under the umbrella of the BZKF as a pilot project and structural measure at six Bavarian university hospitals - the project partner is Share-to-Care GmbH.



All publications:

- **24.05.2023:** Aerztezeitung: "Bavaria goes SDM": Patient and doctor decide together
- **18.06.2023:** Frankfurter Allgemeine: Who decides? Involving patients in diagnosis and therapy is medically ethical - and can improve treatments. Researchers now want to reorient medicine.
- **20.06.2023:** Interview with Prof. Dr. Christoph Ostgathe on Franken Fernsehen.
- **13.07.2023:** Journal Med: Shared Decision Making: How does it work in practice?
- **24.07.2023:** Event at the Hanns-Seidel-Foundation about SDM
- **26.07.2023:** Münchner Merkur/tz: Doctor-patient as a double team

Implementation of SDM into clinical practice

- » **1. a special training course for physicians**
- » **2. the qualification of nursing staff to become so-called decision coaches**
- » **3. the involvement of patients, e.g. with the 3-question-method**
- » **4. the use of decision aids for important therapy decisions for patients**

Authors: Prof. Thomas Bein, Prof. Dr. Claus Belka, Dr. Kai Borm, Dr. Jozefina Casuscelli, Andrea Dankert, Dr. Andreas Dinkel, Prof. Yesim Erim, Dr. Theres Fey, Prof. Anne Herrmann-Johns, Dr. Elisabeth Jentschke, Andrea Lakasz, Dr. Marietta Lieb, Martina Madl, Dominik Molok, Dr. Friederike Mumm, Prof. Christoph Ostgathe, Prof. Tobias Pukrop, Dr. Carmen Roch, Prof. Michael Schoenberg, Peter Stolz, Prof. Georg Stüben, Serap Tari, Prof. Birgitt van Oorschot