Course Outline

Shared treatment decision making: what it is and what it isn’t
1. Four defining features (Charles and Gafni, 1997; Charles and Gafni, 1999)

2. Ways in which SDM differs from or could be used in conjunction with other types of interventions to improve treatment adherence:
   (a) monitoring/self-monitoring
   (b) patient self-management education
   (c) motivational interviewing

Evidence regarding the effects of shared treatment decision making

1. A 2008 review of randomized controlled trials identified 11 that met at least one of Charles and Gafni’s criteria, though none focused on asthma, and no trials included all of the key features of SDM (Joosten et al., 2008).

2. The Better Outcomes of Asthma Treatment (BOAT) study (Wilson et al., 2010) -- a 3-arm multisite randomized controlled trial in 612 patients with poorly controlled asthma that compared Shared Treatment Decision Making (an intervention that incorporated all four defining features) with Usual Care (no intervention) and with Clinician Decision Making (an active control condition identical to the intervention except for the process by which treatment was decided).
   a. Sample: inclusion and exclusion
   b. Intervention and control conditions - overview
   c. Assessment and follow-up.
   d. Results – the effects of SDM on:
      1) Patient perception of their role in treatment choice
      2) Strength of the selected regimen
      3) Medication adherence
      4) Asthma outcomes

Implementing the key features of shared treatment decision making in clinical care

1. Basic elements of the BOAT SDM intervention
   a. Intervention protocol
   b. Flow chart of the initial (primary) session
   c. Subsequent contacts

2. Key tools to ensure shared decision making and how they are used (see Handout 2):
   (a) Patient Information Form*
   (b) Asthma Control Dial, with and without medical criteria*
   (c) Medication Options to Control Asthma (as of BOAT trial start date)
   (d) My Asthma Treatment Goals and Features of Asthma Medications: worksheet to elicit patient goals and priorities
(e) **Medication Planner**: worksheet for considering alternative treatment regimens in relation to the patient’s priorities and goals.

(f) **Asthma Management and Action Plan**

*Used in both SDM and active control (CDM) protocols. Non-asterisked items were used in SDM protocol only.

**Bibliography**