**Shared Decision Making**

A great toolkit for Shared Decision Making can be found at: <http://www.ahrq.gov/professionals/education/curriculum-tools/shareddecisionmaking/index.html>

The basic steps are to “SHARE”:

**S**eek the patient’s participation

**H**elp her to explore each option and the corresponding risks and benefits

**A**ssess what matters most to her

**R**each a decision together and arrange for a follow up conversation

**E**valuate her decision and assess whether it has been implemented as planned