

Shared decision-making using DECIDE

Define decision	We are making a decision with you about X. <i>Is this a good time to do that? Should anyone else be involved?</i>
Explain situation	Can we start by talking about your health problems/situation? <i>Can you tell me what you know already?</i> <i>Do you have any worries or questions I can help with?</i>
Consider options	We will talk about available options and the likely benefits, risks or harms. <i>We need to work out what option is the best one for you.</i> <i>Each of them has pros and cons.</i> <i>You might choose to wait and see what happens.</i>
Invite views	I would like to know what matters to you (your relative) in general. That is important in making good decisions with you.
Decide together	Thinking about what we can do and what's important for you; can I ask: <i>What do you think the best option might be?</i> <i>What do you think she would say, if we could ask her?</i> Would it help if I suggest a way forward and explain what might happen?
Evaluate decision	You think the best option is Y, because... Is that right? <i>Are you clear about what that means for you?</i> <i>Do you want to think about it, and we can talk again later?</i> [K Boyd, Dec 2020]