

Implementing Shared Decision Making: Using Decision Aids in Rural Oregon Family Medicine Practices

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Introduction

- ▶ Unwarranted variations in care in U.S.
 - Beta blocker use post heart attack varies 5% – 92%
 - Back surgery for herniated disk 6 times greater in Southern California than New York City

- ▶ Preference-sensitive conditions
 - Treatments for knee osteoarthritis, menopause
 - Screening for PSA testing
 - Management of chronic conditions
 - End of life decisions

Shared Decision Making: a Definition

Integrative process between patient and clinician :

- Engages the patient in decision-making
- Provides patient with information about alternative treatments
- Facilitates the incorporation of patient preferences and values into the medical plan



(Charles C, Soc Sci Med 1997;44:681)

Patient Decision Aids



Tools that help patients make informed medical choices, consistent with their values and preferences

- Present balance information about treatment or testing options
- Help people interpret the options in the context of what is important to them
- Encourage patients to collaborate with their clinicians when making decisions



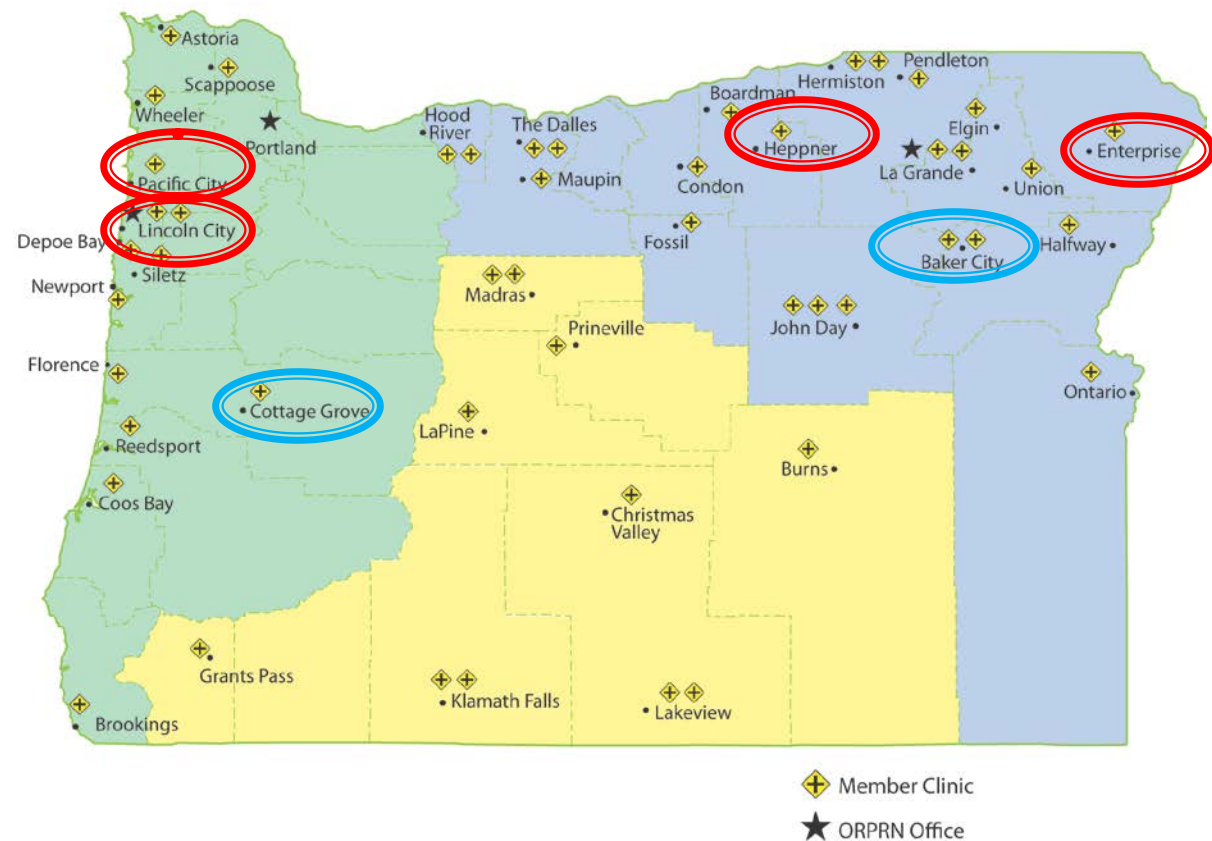
SDM Decision Aid Video

- ▶ <http://www.youtube.com/watch?v=-hrFCKeOkPw&feature=related>

Study Setting

The Oregon Rural Practice-based Research Network (ORPRN) is comprised of primary care clinicians in 49 member clinics across rural Oregon.

- ▶ Founded in 2002
- ▶ Governed by Steering Committee
- ▶ Serve 157 Member clinicians in 37 communities
- ▶ >235,500 rural Oregonians.





INFORMED, EMPOWERED, TOGETHER

Shared Decision Making is important to: Bayshore Family Medicine, Lincoln City Medical Center, Pioneer Memorial Clinic, Winding Waters Clinic,

Do you or someone you love have:

- *[list conditions that correspond to the priority DA's below]*
- EX: Diabetes
- EX: Chronic low back pain
- EX: Coronary artery disease

Or are you considering any of the following:

- *[list of clinics priority DA's]*
- EX: PSA testing
- EX: Managing Menopause



Our clinic has over 30 DVD Decision Aids (DAs) available to help you know your options and make an informed, values-based choice.

Ask your health care team for more information.



Clinic Characteristics

| Clinic | Clinicians | RHC | Ownership | EMR | Year Est. |
|------------------|--------------------|-----|--------------------------|------------------|-----------|
| Bayshore | 3 (2MD, 1NP) | Yes | Private for profit | SOAPWare | 1982 |
| Winding Waters | 5 (3MD, 1NP, 1PNP) | Yes | Private for profit | No | 1972 |
| Lincoln City | 7 (6MD, 1PA) | Yes | Private for profit | Practice Partner | 1973 |
| Pioneer Memorial | 4 (3MD, 1PA) | Yes | County Health District | No | 1988 |
| St. Luke's EOMA | 8 (5 MD, 3 PA) | Yes | St. Luke's Health System | Centricity | 2003 |
| Peace Health | | | | | |

DA Selection

| Pioneer Memorial Clinic | Bayshore Family Medicine | Lincoln City Medical Center | Winding Waters Clinic | St. Luke's EOMA | Peace Health |
|------------------------------------|-----------------------------|-----------------------------|-----------------------|-----------------------------|-----------------------|
| Living with Diabetes | Living with Diabetes | Living with Diabetes | Acute Low Back Pain | Colorectal Cancer Screening | Chronic Pain Mgmt |
| Chronic Pain Mgmt | Managing Menopause | Managing Menopause | Managing Menopause | PSA Testing | Chronic Low Back Pain |
| Coronary Artery Disease | PSA Testing | PSA Testing | PSA Testing | Advanced Directives | |
| Coping with Symptoms of Depression | Colorectal Cancer Screening | Knee Osteoarthritis | Living with Diabetes | | |
| Growing Older, Staying Well | | | | | |
| Knee Osteoarthritis | | | | | |

Practice Stories



Winding Waters Clinic



St. Luke's Eastern Oregon
Medical Associates



Peace of Mind...

NCM focused on “Peace of Mind” Advanced Directives to proactively address the issue of advanced directives.

Process:

- ▶ Identify patients >65 w/o AD
- ▶ IT pulled list of eligible patients for one provider
- ▶ Randomly selected 20 patients to invite for group visit
- ▶ Mailed POM DA and questionnaire to complete
- ▶ Attend group visit

Outcomes:

- ▶ Group visit presented open dialogue for patients to discuss “end of life” issues with PCP
- ▶ 4 of 6 completed advanced directive (POLST and OR advanced directive)

- Yes! I would like to learn more about advanced directives and am interested in participating in this nation-wide study with St. Luke's EOMA.**

- No, I am not interested at this time, but please keep me in mind for the next session.**

- No, I am not interested.**



If you mark YES, you are required to complete the following actions:

- Watch a 19 minute decision aid DVD about advanced directives and complete the pre and a post test questionnaire that accompanies the DVD. These materials will be mailed to you three weeks prior to the small group session.
- Mail or return the decision aid DVD and questionnaires back to EOMA in the pre-addressed, stamped envelope provided to you.
- Attend a small group class of patients with [insert clinician name] on [insert date] and feel free to bring questions concerning end of life care.
- Help evaluate the success of the program in meeting your needs.