



To: Loyola Physician Partner Providers
From: Keith Veselik, MD - Chief Medical Officer
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Subject: Shared Decision Making

Shared decision-making is a communications process. It is a way for providers and patients to make informed health care decisions that align with what matters most to patients. Below are resources to help you involve your patients in shared decision-making.

These evidence-based aids provide information about treatment options, lifestyle changes and outcomes. They don't replace your guidance but can help your conversations with patients.

Why it's important: When patients help make decisions about their health care, it can lead to improved patient experience, better outcomes and quality of life.

This year's the BCBSIL's Shared Decision-Making Aid is **Care That Fits**. Resource tools, created by the Mayo Clinic Knowledge and Evaluation Research Unit, can be found at:

<https://carethatfits.org/>

PDF brochures and cards for patients are available to download on the following:

Mental Health - Medications and My Life:

https://antipsych.c4designlabs.net/pdfs/CT_Medication_Me.pdf

Colorectal Cancer Screening Aid:

<https://www.cdc.gov/cancer/colorectal/pdf/colorectal-cancer-screening-fact-sheet-508.pdf>

(Available in English and Spanish, both online and in print)

Social Determinants of Health:

<https://prapare.org/the-prapare-screening-tool/>

PRAPARE (Protocol for Responding to and Assessing Patients' Assets, Risks, and Experiences)