Finding the Best Treatment Option through Shared Decision-Making in Orthopaedic Practice

Shared decision-making (SDM):
- Collaborative process between physicians and patients
- Discussion on evidence-based treatment options for individual patient goals

Important when:
- Multiple treatment options are reasonable
- Invasive surgery is an option

Best orthopaedic practices for SDM:
1. Invite patient into decision-making process
2. Present evidence-based treatment options with risks and benefits
3. Find out patient preferences and goals
4. Discuss treatment options and patient goals with decision aids (videos/pamphlets)
5. Select best treatment option for patient goals

SDM is beneficial in:
- Empowering patients and improving their knowledge
- Increasing patient satisfaction
- Facilitating value-congruent decisions
- Providing better health outcomes

SDM helps physicians and patients achieve better health outcomes by improving their communication and arriving at the best treatment decisions.