

# Steps in Shared Decision-Making for IBD Treatment Decisions

## What is shared decision-making?

A process in which patients, caregivers, and their healthcare team work together to make decisions about the patient's treatment and healthcare plan.

## What are the benefits of shared decision-making?

- Increases confidence in treatment choice.
- Increases treatment satisfaction.
- May improve treatment adherence.

## Key steps to participating in shared decision-making:



**Information:** Request and gather all information about your treatment options, including the pros/cons and benefits/risks.



**Support:** Share personal goals, values, preferences, and insurance coverage, and ask for support as you review all options.



**Discuss:** Talk through options with your healthcare team and make a decision together based on medical evidence and personal needs.



**Follow through:** After making your decision, remain in contact with your healthcare team and ask any follow up questions.