

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.