

# Shared Decision Making

## Background Scenario – Primary Care

### Scenario

Patient in his 60's underwent an NHS Health Check. His Qrisk3 score was over 10% with high cholesterol, and there is a family history of high cholesterol and heart disease. The practice nurse recommended a follow-up with the GP to consider starting statins to reduce the risk of stroke or heart attack (MI).

### Shared Decision Making Discussion

Discussions included understanding the person's goals, their current circumstances and their options and the risks and benefits associated with these options.

Both the clinician and the patient wanted to ensure a shared decision would align with the patient's priorities, goals and concerns

The options available were discussed and the clinician helped the patient understand the risks and benefits of each option

### Shared decision made

To start statins

Recording Shared Decision Making  
Managing high cholesterol



Recorded Data



System Generated Data



Easy Selection

Record the persons problem

| Problem  | Date                        | Location              |
|--|-----------------------------|-----------------------|
| Qrisk3 score greater than 10% with high cholesterol. | 21 <sup>st</sup> March 2021 | GP Practice, New Road |

Shared Decision Status

In progress

Contacts with professionals

| Date                        | Name of Responsible Clinician | Location              | Role | Use of Interpreter | Video recording | Consultation method | Person Accompanying the patient |
|-----------------------------|-------------------------------|-----------------------|------|--------------------|-----------------|---------------------|---------------------------------|
| 21 <sup>st</sup> April 2021 | Dr Nilesh Bharakhada          | GP Practice, New Road | GP   | No                 | No              | 02-Telephone        |                                 |

Shared Decision Discussion

| Patient Agenda  | Clinicians Agenda   | What matters to the person   |
|---|---|--|
| Addressing concerns regarding high cholesterol and what that means. | SDM on whether or not to initiate a statin to reduce cholesterol level and associated Qrisk3 score. | Tries to avoid medication if possible, but does want to reduce cholesterol and associated cardiovascular risk. |



| Options   | Risks   | Benefits   |
|---|---|--|
| 1) do nothing<br>2) Delay the decision/ point to information for the patient to consider implications<br>3) start statins today | 1) potential for stroke or MI<br>2) potential for stroke or MI<br>3) Potential side effects such as myalgia | 1) No change required<br>2) More time to consider the options<br>3) Statin initiation will reduce the risk of stroke or MI |

| Shared Decision          |
|--------------------------|
| Option 3 – start statins |

| Shared Decision Review Date |
|-----------------------------|
| 1 <sup>st</sup> May 2022    |

| Decision Issues Flag: No |
|--------------------------|
| If Yes, Issue/Reason:    |

Post Appointment Actions

| Clinicians Actions  |
|---|
| Prescribe statin and arrange liver function test for 3 months time. |

| Person/carer Actions    |
|-------------------------|
| Adherence to medication |