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.

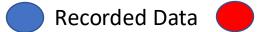
Both the clinician and the patient wanted to ensure a shared decision would align with the patient's priorities, goals and concerns

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





System Generated Data



Easy Selection

Record the persons problem

| Problem | Date | Location |
|--|-----------------------------|-----------------------|
| Qrisk3 score greater than 10% with high cholesterol. | 21 st 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 st April 2021 | Dr Nilesh Bharakhada | GP Practice, New Road | GP | No | No | 02-Telephone | |

Shared Decision Discussion

Patient Agenda

Addressing concerns regarding high cholesterol and what that means.

Clinicians Agenda

SDM on whether or not to initiate a statin to reduce cholesterol level and associated Qrisk3 score.



What matters to the person

Tries to avoid medication if possible, but does want to reduce cholesterol and associated cardiovascular risk.

| Options | Risks | Benefits |
|--|---|---|
| 2) Delay the decision/ point to information for the patient to consider implications | 0 | No change required More time to consider the options Statin initiation will reduce the risk of stroke or MI |

Shared Decision

Option 3 – start statins

Shared Decision Review Date

1st 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