

OncologyNurseAdvisor

navigation SUMMIT

Navigation's Role in Shared Decision Making

BROUGHT TO YOU BY:

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Shared Decision Making: What is it?

- Collaborative discussion between a provider and patient/family to share information and options to decide on a treatment plan
- Engages patient participation and **incorporates** values/goals; aids in satisfaction; decreases opportunity for regret

Why does it matter?

~~“Trust Me I’m a Doctor”~~

Nursing Code of Ethics

- Provision 1: The nurse practices with compassion and respect for the inherent dignity, worth, and unique attributes of every person
- Provision 1.4 : The Right to Self- Determination
 - “...to be given accurate, completed, and understandable information in a manner that facilitates an informed decision; and to be assisted with weighing the benefits, burdens, and available options in their treatment, including the choice of no treatment...”

Where does navigation fit into shared decision making?

- EVERYWHERE

Opportunities for navigation

- What time points does this arise?
 - Pre diagnosis/work-up
 - At diagnosis
 - Surgical
 - Systemic therapy
 - Radiation
 - Clinical trials
 - Treatment transitions
 - Palliative care
 - End of life/hospice
 - Second opinions
 - Coordination of visits

Where to start...

- What information do you have now?
- What information do you need?
- What have you been recommended?
- What are you unsure about?
- How much information do you want?
- Who else is involved in your decision making?
- Explaining logistics of potential options can often aid in decision making (i.e radiation, frequency of infusions)

Case 1- to pursue treatment or not?

- Referral received from our nurses at our 800#
- A daughter in law is calling...
- Presenting with new brain lesions on CT, foot drop, some weakness
- 89 years old; otherwise independent, lived alone, driving
- PCP suggested hospice; family wants to at least review options
- How does the conversation unfold?

Components of Shared Decision Making



- Information
- Options and Choices
- Preferences
- Values
- Empowerment
- Advocacy

What influences decision making?

- Age
- Gender
- Health status
- Race and Ethnicity
- Education
- Health literacy
- Family/friends
- Emotion
- Cost
- Cognition
- Timing/urgency

Tough questions....

- What should I do? What would you do? What would you tell your mom or dad to do?
- Should I come for the appointment?
- Is it worth it?
- When is enough, enough?
- Do I participate in the trial?
- Who's the best doctor?
- Should I get a second opinion?

Case 2- clinical trials option?

- 48 year old man, hx of diplopia, presented with facial numbness.
- Diagnosed with chordoma by biopsy
- Single, 1 sister, but mostly close friends (1 specifically who helped him)
- Rec for extensive resection, followed by radiation
- Lived a distance from the cancer center
- Limited income- financial and practical concerns
- Eventually suggested trial in Boston

Case 3- surgical decision

- Mastectomy vs lumpectomy

Challenges & Barriers

- Choices can be overwhelming
- Time and Timing
- Cost of care/Reimbursement
- Buy-in
- Nursing/physician comfort
- Patient and provider may not agree
- Patient and family may not agree
- Patients may not make decisions we would make or advise
- Nursing/physician biases
- Decisional conflict or regret
- Preconceived notions
- Patient ambivalence or fear of making the “wrong” decision

Communication Techniques- Navigation specific

- Take off the pressure of making a decision on the spot.
- “It’s my job and responsibility to make sure you have the information you need to make the best decision for yourself. I’m not going to push you either way.”
- What is your gut telling you?
- “I want to make sure you don’t have a delay in care or are out of the window of treatment.”
- There’s no wrong choice
- Offering overall support to the patient/family
- “I also don’t want you to have regret.”
- In some cases... “Think about it for a bit. You don’t need to decide right this instant.”

Resources

- ARHQ- Shared Decision Making Toolkit
 - <https://www.ahrq.gov/professionals/education/curriculum-tools/shareddecisionmaking/index.html>
 - <https://www.ahrq.gov/professionals/education/curriculum-tools/shareddecisionmaking/tools/tool-2/index.html>
- Dartmouth - <https://www.dartmouth-hitchcock.org/supportive-services/patient-resources.html>
- Option Grid- <https://health.ebsco.com/products/option-grid>
- Ottawa Personal Decision Guide- <https://decisionaid.ohri.ca/decguide.html>

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