

Clinical Toolkit

Clinical Tips: Shared Decision Making

Shared decision making (SDM) is an approach to treatment decision making that involves collaboration between a clinician and a client.

Multiple health professionals and/or caregivers may also be involved. SDM promotes the selection of a treatment choice that is **based on both evidence and client preferences.**

SDM has been likened to a continuum, with the extremes being clinician-led and patient-led decisions, and the various approaches in between. It **involves joint discussion** regardless of whether the patient or clinician takes the lead in the decision making process.

The process of SDM may use decision support tools but is not dependent on them. Conversely, providing decision aids does not necessarily mean that SDM will occur.

A common **misconception** is that SDM will increase the duration of the consult; however, this has been refuted by a number of systematic reviews.

For more, please see the [Orygen Clinical Practice Point: Shared Decision Making](#).