

# The **SHARE** Approach

## Essential Steps of Shared Decision Making

Five steps for you and your patients to work together to make the best possible healthcare decisions.

### Step 1:

#### Seek your patient's participation

Communicate that a choice exists and invite your patient to be involved in decisions.

### Step 2:

#### Help your patient explore and compare treatment options

Discuss the benefits and harms of each option.

### Step 3:

#### Assess your patient's values and preferences

Take into account what matters most to your patient.

### Step 4:

#### Reach a decision with your patient

Decide together on the best option and arrange for a followup appointment.

### Step 5:

#### Evaluate your patient's decision

Plan to revisit decision and monitor its implementation.



[www.ahrq.gov/shareddecisionmaking](http://www.ahrq.gov/shareddecisionmaking)

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