# The SHARE Approach: A Model for Shared Decision Making

The SHARE Approach is a five-step process for shared decision making that includes exploring and comparing the benefits, harms, and risks of each option through meaningful dialogue about what matters most to the patient.



**Seek** your patient's participation.

elp your patient explore & compare treatment options.

Assess your patient's values and preferences.

**Reach** a decision with your patient.

**Evaluate** your patient's decision.

Shared decision making occurs when a health care provider and a patient work together to make a health care decision that is best for the patient. The optimal decision takes into account evidence-based information about available options, the provider's knowledge and experience, and the patient's values and preferences.



Both health care professionals and patients benefit from using shared decision making.

# Benefits to Health care Professionals:

- Improved quality of care delivered
- Increased patient satisfaction

# **Benefits to Patients:**

- Improved patient experience of care
- Improved patient adherence to treatment recommendations

Using the SHARE Approach builds a trusting and lasting relationship between health care professionals and patients.



The Agency for Healthcare Research and Quality (AHRQ) provides a collection of tools and training resources to support the implementation of shared decision making in practice. Refer to the **AHRQ Shared Decision Making Toolkit Website** to locate resources such as:



# **SHARE Approach Workshop:**

**Workshop Curriculum**: Collection of training guides, slides, videos, and other resources to support the training of health care professionals on shared decision making and SHARE Approach implementation

**Accredited Workshops**: Free, one-day, accredited train-the-trainer workshops conducted across the country to train health professionals on the SHARE Approach shared decision making training



# **SHARE Approach Tools**:

Collection of reference guides, posters, and other resources designed to support AHRQ's SHARE Approach implementation



### **SHARE Approach Webinars**:

Accredited webinars that review topics related to the implementation of patientcentered outcomes research in shared decision making



### **SHARE Approach Peer Network:**

Ongoing Peer Network and LinkedIn Group that serves as a forum for sharing experiences and ongoing learning

These resources provide health care professionals with the training and tools they need to implement the SHARE Approach in their practice.

