

## Shared Decision-Making Checklist for Patients

*We often rely on our healthcare providers to tell us what care we need. But to get the best care, you and your provider make decisions together. This process is called “shared decision making.” Your provider shares medical expertise, and you share what you want out of your care. Then you make a decision together. Shared decision making can be especially useful to help manage slow-growing prostate cancer and understand your options. It can also open up a channel for communication and trust between you and your provider.*

*If your healthcare team has not spoken about shared decision making, you can still engage in the process.*

*Refer to this checklist to start the shared decision-making conversation. Download, print and bring this with you to appointments.*

### Before Your Appointment/Discussion: Think about What Matters to You and Write it Down

- What would you like to ask and know about uterine fibroids and treatment options?
- What matters most to you in life? What are your goals for treatment—for example, to manage symptoms or to be able to do things you are currently unable to do? Think about your goals for treatment, what matters to you. A clinician (e.g., nurse or primary care provider) may also be able to help you discuss your goals and wishes.
- Is cost an important part of your decision?
- Refer to recommended resources.

### During Your Appointment/Discussion: Ask Questions; Express Your Goals and What Matters to You

*Take notes that you can refer to later.*

- I would like to make this decision together with you based on my goals and what matters most to me and on your expertise.  
*What I would like most from life is...*  
*What matters most to me is...*  
*What I am most afraid of is...*  
*Are there decision tools we can use to make this decision together? How can I learn more about my condition and my options?*
- What are my options for treatment?
- What are the benefits of the options?
- What are the risks to me if I choose this option?

- What if I don't want to do anything?
- What are the costs associated with each of the options? Whom can I speak with to learn more about the treatments and how I can pay for them?
- For my specific goals and condition, what would be my best options?
- For specific treatment options, do I have to adhere to certain rules or procedures?
- I don't understand. Can you explain this to me a different way?
- Can I contact you with questions?
- Can you give this information to me in writing?
- What are the next steps?

#### After Your Appointment

- Keep the notes in a handy place so that you can refer to them later.
- If you are unclear on next steps, ask!
- If you need more time to make a decision, let your healthcare team (and caregiver if applicable) know.