#### Using Shared Decision Making and Patient Decision Aids to Engage Patients and Drive Quality

Healthier Washington Quarterly Webinar October 4, 2017



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Better Health, Better Care, Lower Costs

Health



- Dr. Emily Transue, MD, MHA, Associate Medical Director, Health Care Authority
- Laura Pennington, Practice Transformation Manager, Health Care Authority



# Objectives for today's presentation

- Overview of shared decision making (SDM) and patient decision aids (PDAs)
- Why Washington is certifying patient decision aids
- How shared decision making supports Healthier Washington's goals and vision
- Progress to date
- Vision for the future



#### Overview of SDM and PDAs

### Shared decision making is....

a process in which clinicians and patients work together to make decisions and select tests, treatments and care plans based on clinical evidence that balances risks and expected outcomes with patient preferences and values.

Knowledge Concerns Goals Medicine Understand Choices Benefits Respect Family Empowerment Risks Answers Quality-of-Life Therapy Outcomes Patient Important Useful Decision Solutions Health Needs Wishes Information Caregiver Trust Treatment

### Are you an engaged patient?

- Do you ask your health care provider questions about procedures or tests they order?
- When faced with a decision about your health care, for example "should I take a statin for high cholesterol or not," do you seek additional information or do what your health care provider recommends?
- If your health care provider recommends you have surgery, do you passively sign the consent form they hand you or do you ask for additional information about the risks versus benefits and/or if there are alternative options you may consider?



## Patient decision aids

- A tool used by providers in shared decision making to engage patients in decisions that affect their health care by providing them with information they need to make an informed choice. What is my risk of having a heart
- PDAs come in many forms:
  - A written document
  - A link to an interactive website
  - Videos
  - Visual aids

attack in the next 10 years?



Shared decision making: The role of patient decision aids

# Patient decision aids support good shared decision making.





## The role of the provider in SDM

But I already DO shared decision making with my patients...



### Decision aids: The evidence\*

- Improve knowledge of options
- Lead to more accurate expectations of possible benefit and harms
- Lead to choices that are more consistent with values
- Promote greater participation in decision-making

\*Stacey D, Bennett CL, Barry MJ, et al. *Decision aids for people facing health treatment or screening decisions*. Cochrane Database Syst Rev 2011;CD001431.



#### Why is Washington Certifying Patient Decision Aids?

# The framework: RCW 7.70.060

- State law:
  - Defines "shared decision making" and "patient decision aid"
  - Affords a higher level of protection in informed consent liability actions for SDM that follows state requirements
  - Recognizes both state and nationally certified patient decision aids; and
  - Enables HCA's medical director to certify decision aids



### Why state certification matters

- As PDAs become more widely used, standards become critical
- State as purchaser can play a leading role in promoting use of high quality decision aids as part of SDM
- In Washington, enhanced liability protections are activated in part by PDA certification



• Our work can serve as a national model



Patient decision aid certification criteria and process

- Developed in collaboration with local and national experts and stakeholders
- Development supported with grant funding from the Gordon and Betty Moore Foundation
- Based on standards established by the International Patient Decision Aids Standards Collaboration (IPDAS)



# The certification criteria



- Aimed at assuring accurate, unbiased, up to date, understandable information, and helping to clarify values and preferences
- Based on standards established by the International Patient Decision Aids Standards Collaboration (IPDAS)
- The criteria may be adjusted over time as HCA gains experience with certification

For a full list of criteria go to:

www.hca.wa.gov/about-hca/healthier-washington/shared-decisionmaking



#### How shared decision making supports the goals of Healthier Washington

# Affordable Care Act (2010)

- Section 3506:
  - U.S. Dept. of Health & Human Services (HHS) to contract with entity to establish evaluation standards and develop certification process
  - HHS to award grants to develop, produce, and test PDAs and to educate physicians about their use
  - Funding and regulatory action have lagged, but PDA demonstration centers supported
- Section 3021: Center of Medicare and Medicaid Innovation charged with testing and evaluating innovation models, specifically including SDM
- Promoted as part of Medicare Shared Savings Program (ACO) regulations and other payment reforms

Healthier WASHINGTON

# Patient and family engagement

- Use of SDM is included in the Healthier Washington Initiative
  - Accountable Care Program



- Maternity SDM pilot using patient decision aids
- Online SDM training module for clinicians



Accountable Care Program - delivery system transformation

Key strategies

Bree Collaborative recommendations

Shared decision making

- Statewide Common Measure Set
- Technical assistance

ACP Maternity Care Pilot -



### Jennifer: a case study

- 30-year-old female member of public employee benefits program
- Pregnant with her second child
- Previously delivered via cesarean section
- She is interested in vaginal birth, but obstetrician recommends c-section due to various risks



### Value proposition

- Engaged and activated patients will have better experiences within the health care delivery system and are likely to experience improved outcomes
- Patient experience is central to "paying for value"





### Progress to date

# Certification of patient decision aids: Priority subject matter

- 2016 Labor and delivery
  - Particularly interested in c-section/ vaginal delivery aids
    - Reviewed 6 PDAs, certified 5



- 2017 Total joint replacement and spine care Currently reviewing:
  - 3 knee osteoarthritis
  - 4 hip osteoarthritis
  - 1 spinal stenosis
- Fall 2017 End of life care Launching submission period
- 2018 Cardiac care



#### **Review process**

- Full review panel
  - Review and score application, decision aid, supporting document against certification criteria
- Panel of subject matter experts
  - Review and score PDA and evidence table against current science
- Chief medical officer
  - Reviews full application, PDA, and evidence; considers input from panel and SMEs for final determination



### **Certification Process**

#### Visual Framework for Process to Certify Decision Aids



#### Patient decision aids currently certified

- "Amniocentesis test: Yes or no?" Option Grid™
- "Down syndrome screening test: Yes or no?" Option Grid™
- Pregnancy: Birth options if your baby is getting too big
- Pregnancy: Your birth options after cesarean
- Prenatal genetic testing: Understanding your options

https://www.hca.wa.gov/about-hca/healthier-washington/patientdecision-aids-pdas



# Round Three: End of life care

In scope	Out of scope
Potentially life sustaining care	General advanced care planning documentation
Palliative or hospice care	Aid in dying





Beyond certification: Translating research into practice

- Bree Collaborative "best practice" recommendations include SDM with certified PDAs
- Accountable Care Program SDM initiatives
- HCA has bundled contracting arrangements for state employees that include SDM with PDAs
- Clinician training through online skills course





#### Updated Washington Administrative Code



The review and certification process has been defined and codified in recent updates to the existing Washington Law, RCW 7.70.060

Included feedback from public and key stakeholders

# Vision for the future

- Continue to spread the use of SDM and use of certified PDAs across Washington
- Encourage submissions of different types of PDAs from developers
- Engage patients in decisions that impact their health



# Share your story

We would like to hear from clinicians or clients who have used shared decision making or a patient decision aid.

Contact: healthierwa@hca.wa.gov





Contact: Laura Pennington Laura.Pennington@hca.wa.gov 360-735-1231 or shareddecisionmaking@hca.wa.gov

More information:

Healthier Washington SDM webpage:

http://bit.ly/2d4ozZm





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