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Shared Decision Making for Breast Cancer Surgery Amy Lenarz, MN, RN, OCN 3/17/18

What is Shared Decision Making?

- Brings patients into the process of making decisions
- Best used for "preference sensitive conditions"
- A step beyond informed consent
- Engages the patient as the expert on their own values and preferences

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Breast Cancer Surgery Options

- Mastectomy remove the breast
- Lumpectomy remove the cancer, and leave the breast intact
- Equal survival
- Differences in recovery time, requirements for additional treatment, appearance, sensation, emotional impact, future cancer screening, etc.

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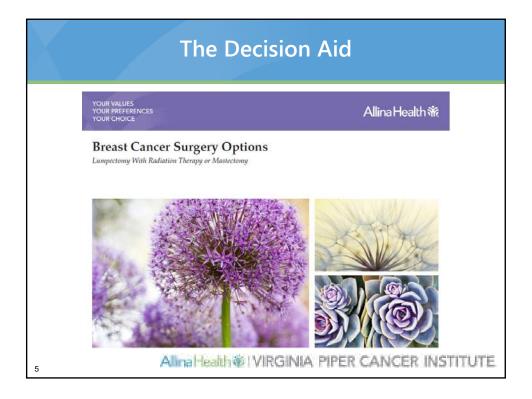
SDM Process at VPCI

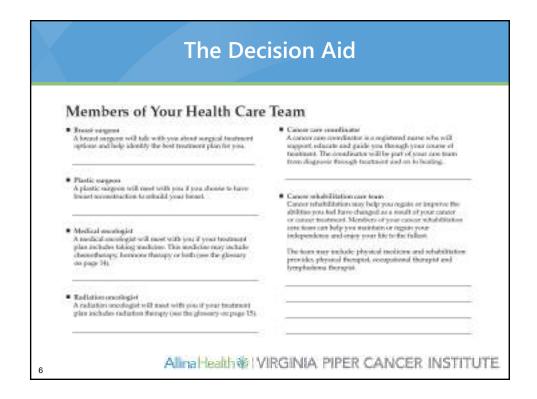


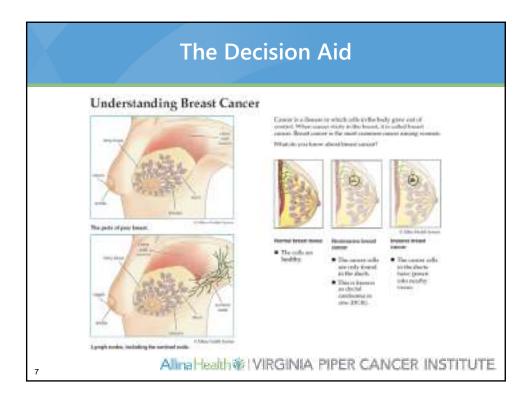
- Overwhelming amount of information to learn
- Added a Shared Decision Making visit with a nurse Cancer Care Coordinator
- Hour-long conversation
- Education and values assessment.
- Consultation with the surgeon a day or two later
- Some patients are not eligible

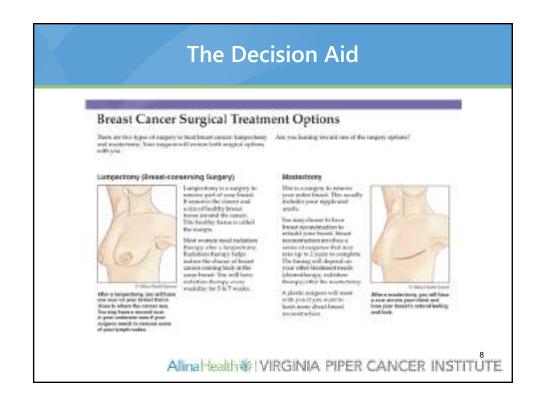
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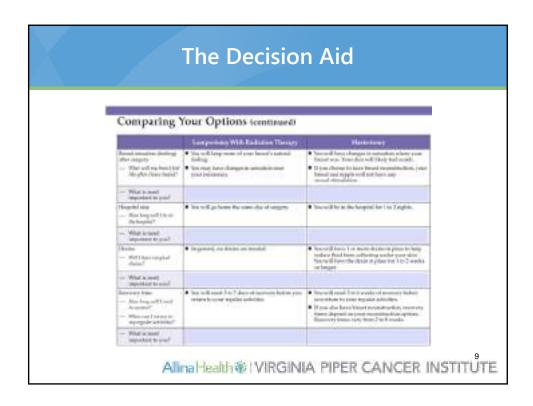
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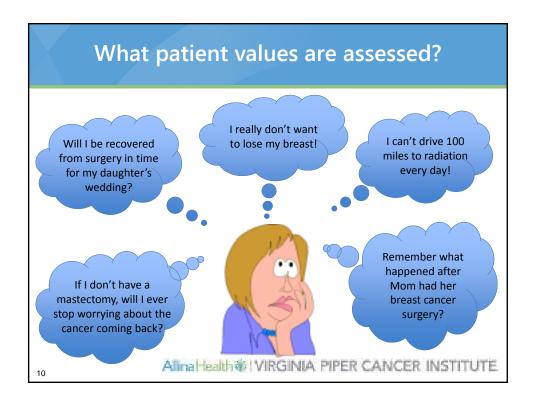












Dispelling Misconceptions

Common myths:

- I want to live as long as I can, so I want a mastectomy.
- Having a mastectomy means I will never get breast cancer again.
- Having a mastectomy means I won't need to have chemotherapy.

Goal is to provide accurate information, not to sway the decision.

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The Decision Aid

My Preferences

| Occupants | Occupa

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Benefits of Shared Decision Making

- Increases the importance placed on patient values and preferences
- Helps patients understand that they are active partners in making treatment decisions
- Restores a sense of control

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Benefits of Shared Decision Making

Patients want information!

Standard timeline: see the surgeon within a day or two of diagnosis.

- Some diagnostic information not available (ER, PR, HER2, breast MRI, axillary ultrasound)
- Consultation would cover multiple possibilities

Timeline with Shared Decision Making: see the nurse for SDM within a day or two of diagnosis, and see the surgeon a couple days after that.

- Allows time to complete additional imaging (if appropriate), and to determine ER, PR, and HER2 status
- Surgical consultation is straightforward and based on full information

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Benefits of Shared Decision Making

- Less overwhelming
- Patient is able to ask informed questions when meeting with the surgeon
- Surgeons can have a deeper conversation with the patient about their recommendations and reasoning

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Patient Feedback

"I was provided with an abundance of valuable information.....that is especially helpful when everything is so overwhelming and difficult to process when you are anxious about the cancer diagnosis. I am very pleased and impressed with the care."

~Breast Cancer Patient, anonymous SDM Survey response

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SDM at Allina Health

- Pilot programs for breast cancer Shared Decision Making at Buffalo and Abbott Northwestern in Minneapolis in 2015
- Now at all VPCI sites across Minnesota
- Breast Cancer Shared Decision Making at Allina Health has benefitted over 600 patients
 -- and counting!

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