

INFORMED CONSENT PROCESS

SHARED DECISION MAKING

Minds Matter recommends that clinicians engage in shared decision making with their patients, which goes beyond simply obtaining consent. The following handout provides a resource for clinicians regarding the shared decision making process and the utilization of motivational interviewing.

FORM

Although the shared decision-making process is most importantly a shared experience between clinician and families with empowered outcomes, some organizations might require the use of an actual signature form. A template is included below.

The American Academy of Child and Adolescent Psychiatry (AACAP) has also developed an array of simple consent forms specific to certain conditions and medications. See Appendix X for these forms.

Key Elements of Shared Decision-Making

Ask

- » Apply a patient-centered approach
- » Use motivational interviewing

Prioritize

- » Help the patient focus on specific needs

Assess

- » Assess the capacity of the decision-making process
- » Address Patient and Provider Barriers

Advise

- » What is the evidence?
- » Discuss benefits and risks

Acknowledge

- » Agree on what's important for the individual
- » Share values, power, expectations

Assist

- » Provide tools to help weigh the options
- » Promote input from others

Make Decision

- » If ready, patient makes the choice

Evaluate

- » Evaluate the process
- » Revisit the decision if there are concerns

What is Motivational Interviewing?

Motivational interviewing (MI) is a shared decision-making strategy for enhancing a patient's motivation to make a behavior change, rather than telling or lecturing. Motivational Interviewing encourages you to help people discover their interest in considering and making a change in their lives (e.g., to manage symptoms of mental illness, substance abuse, or weight control).

Use this checklist to build self-awareness about your attitudes, thoughts, and communication style as you conduct your work.

Encouraging Motivation to Change: Am I Doing this Right?

Do I listen more than I talk? Or am I talking more than I listen?

Do I keep myself sensitive and open to this person's issues? Or am I talking about what I think the problem is?

Do I invite this person to talk about and explore his/her own ideas for change? Or am I jumping to conclusions and possible solutions?

Do I ask permission to give my feedback? Or am I presuming that my ideas are what he/she really needs to hear?

Do I help this person identify successes and challenges from the past and relate them to present change efforts? Or am I encouraging him/her to ignore or get stuck on old stories?

Do I seek to understand this person? Or am I spending a lot of time trying to convince him/her to understand me and my ideas?

Do I summarize for this person what I am hearing? Or am I just summarizing what I think?

Do I remind myself that this person is capable of making his/her own choices? Or am I assuming that he/she is not capable of making good choices?

How to do Motivational Interviewing

Remember the acronym:

OARES

- Ask **O**pen-ended questions
- **A**ffirm what your patient says
- Use **R**eflective listening
- **E**licit self-motivational statements
- **S**ummarize

Additional Resources

Helpful Websites

- [Center for Shared Decision Making](#) by Dartmouth-Hitchcock
- [Motivational Interviewing](#) by the American Academy of Pediatrics
- [Center for Evidence-Based Practices \(CEBP\)](#) at Case Western Reserve University
- [Shared Decision-Making in Mental Health Treatment](#) by Mental Health America

Videos and Other Helpful Tools

- [Ottawa Personal Decision Guide](#) –

A free, printable worksheet consumers designed to help people make health-related and social decisions

- [Informative Videos for Clinicians and Patients](#) by Mental Health America
- [Motivational Interviewing Recorded Presentations](#) by SAMSHA-HRSA Center for Integrated Health Solutions
- [Shared Decision Making in Mental Health Decision Aid](#) by SAMSHA – A complete free tool kit with tip sheets, workbooks, videos, and an interactive decision aid on medication-assisted therapy

- [CommonGround Informative Video](#)- A web-based application that helps people prepare to meet with psychiatrists and arrive at the best decisions for treatment and recovery.
- [Patient Activation Reference Guide](#) by U.S. Department of Defense

Sources for Decision Aids

- [Decision Aid Library](#) by Dartmouth-Hitchcock
- [Patient Decision Aids](#) by Ottawa Hospital Research Institute



STEP 1

ASK...

...And Listen
Use Motivational
Interviewing to
identify issues

STEP 2

PRIORITIZE

Explore the
Patient's Needs
and Expectations

STEP 3

ASSESS

Identify Barriers to
Shared Decision-Making

STEP 4

ADVISE

What are the benefits?
What are the risks?
INFORMATION TRANSFER:

STEP 5

ACKNOWLEDGE

Acknowledge the Criteria
upon which the
decision will be made

STEP 6

ASSIST

PRESENT THE
OPTIONS:
What are the
choices?

STEP 7

MAKE
THE DECISION

STEP 8

EVALUATE

Revisit
the Process
if concerns arise

EVALUATE THE
PROCESS WITH
THE PATIENT

» Expectations
» Experience
» Satisfaction

AGREE ON WHAT'S
IMPORTANT TO THE INDIVIDUAL

- » Evidence
- » Values
- » Power
- » Expectations

GIVE IT SOME TIME

ALLOW TIME TO DISCUSS
AND CONSULT WITH:

- » Peers (Group Visits)
- » Team members
- » Family members
- » Community resources

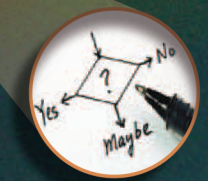
WEIGH THE ALTERNATIVES

Pros	—	Cons
Risks	—	Benefits
Likes	—	Dislikes
Achievable	—	Challenging
Short-Term	—	Long-Term

FACILITATE THE PROCESS

OFFER PATIENT-DECISION-AID (PDAs) TOOLS:

- » Paper and Pencil (cards, worksheet)
- » Web-based tools
- » Discussion with others



BE PREPARED TO DEFER THE PROCESS
TO ANOTHER VISIT, IF NEEDED.

Shared Decision-Making requires effective communication.
The process at its best minimizes misunderstanding between
healthcare team, the patient and family.

BASIC PRINCIPLES OF MOTIVATIONAL INTERVIEWING:

- Empathy:** understanding the reality of the participants situation
- Developing Discrepancy:** focusing on personalizing desire and reasons for change
- Support Self-Efficacy:** help others find ways to be successful that will work for them
- Roll with Resistance:** don't push for change, don't provide information prematurely or without permission from the patient

INFORMED CONSENT FORM

Patient Name	Date of Birth / /	Soc. Sec.# - -
Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	Language	Medicaid ID #
Parent/Guardian Name		Relationship
Prescriber		Phone
Patient/Parent Engagement		
<ul style="list-style-type: none"> Discussed symptoms and concerns. Shared multi-media presentation regarding mental health medications or diagnosis, if available. Discussed potential risks, benefits and alternative treatment options. Provided additional educational resources and information about support groups, if available. 		
Prescriber Initials: Date / /		
Medication		
Medication	Dosage	Diagnosis/Symptoms
The doctor would like to begin/continue the medication(s) listed above to help the patient with the problems/diagnosis listed.		
Side Effects		
All medications have side effects, which may vary from person to person. If the doctor is recommending a medication for your child, be sure to ask about possible side effects and what you should look for.		
Safety		
If your child experiences side effects or any other unusual feelings, please call the doctor's office at - - . If the concern is severe enough, go to an emergency room.		
Other Treatments		
Treatment	Duration	Location/Resource
The doctor would like to begin/continue the treatment(s) listed above to help the patient with the problems/diagnosis listed above.		

Monitoring

The doctor would like to monitor the patient's progress according to the following schedule.

Duration (After 1 week, Monthly, etc.)	Type of Follow-Up (Call/Office Visit)

Consent

I have reviewed the above information and understand the medication's possible side effects and benefits. I understand the other treatments the doctor is recommending in addition to medication. I understand I have the right to refuse medications, but agree to discuss this with the doctor first. I also understand that I can discuss any further questions regarding the above medication(s) with the doctor.

<hr/> Parent/Caretaker Signature:	<hr/> Patient Signature:
Date / /	Date / /
<hr/> Prescribing Clinician Signature:	
Date / /	