Patient Engagement and Shared Decision-making

MultipleSclerosis.net
At Health Union, we support people living with chronic health conditions by providing relatable information that speaks to their personal experience.
Encouraging Adherence through Engagement (1)

- For SDM to occur, patients need to be informed and involved (to the level of their choosing)
- Even when HCPs provide all of the information and options, patients may not be given time to process the information
- After a conversation with their HCPs, patients forget 40%-80% of the information discussed
- NEDA is often the goal for HCPs treating MS; for patients, stable disease does not always mean symptom-free
- Focusing on patients’ goals for their treatment (often managing symptoms and fewer relapses) can be the key to improved patient engagement and adherence

HCP = healthcare provider; NEDA = no evidence of disease activity
Encouraging Adherence through Engagement (2)

HCP Strategies for Shared Decision-making

1. Explore all options
2. Identify biases and work to minimize them in patient interactions
3. Acknowledge and reveal experience with various procedures and treatments
4. Respect what matters most to the patient, including the risks and benefits associated with a variety of options

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Online Communities as Sources for Accurate Information

• Directing patients towards online communities can empower them to connect with other patients like themselves, share experiences, and hear from experts and advocates

• Offering them curated articles that explain common questions and misconceptions in a digestible form can help them more easily understand their diagnoses and options

https://multiplesclerosis.net/living-with-ms/the-neurological-exam-explained/

https://multiplesclerosis.net/living-with-ms/some-of-the-weirder-ms-symptoms/

https://multiplesclerosis.net/living-with-ms/lets-address-elephant-room-depression/

https://multiplesclerosis.net/living-with-ms/multiple-sclerosis-101-understanding-immune-system/