

Shared Decision-Making & the 5 A's



Considerations for Shared Decision-Making in T2D

Supports individual autonomy by empowering patients to make decisions about the T2D treatment and care that is right for them at that time

General Information



Ask leading questions



Clarify information by repeating back what patient said



Do not interrupt patient



Assess motivation confidence

Establish Relationship



Communicate intention to help



Acknowledge emotions/feelings



Use layman's terms to explain



Collaborate to identify the next step



Use weight in neutral terms



Instill confidence

Education and Counseling



Ask questions to make sure patient understood



Discuss specific diet, exercise, and monitoring goals



Elicit and address barriers to change



Explain the nature of T2D

Benefits of Shared Decision Making

- Considers patient's preferences and values to create a personalized management plan
- Improves decision quality
- Informs patient regarding treatment risks, safety, and benefits

The 5 A's Approach for Obesity

Increases initiation and engagement of obesity intervention. Patients report higher motivation to lose weight.

01

Ask

permission to address weight

02

Assess

the patient's desired weight reduction goal and reasons for wanting to lose weight

03

Advise

about treatments that match the patient's goals and are likely to produce desired results

04

Agree

on weight reduction, lifestyle, and behavioral goals

05

Assist

the patient by creating a plan