

Creating decision support tools for shared decision making




1 The decision support tools are resources that help patients better understand the options available to them.

2 They help clinicians explain treatment options and the risks and benefits of each, while allowing patients to consider their values - what's important to them - in making the decision about which treatment to choose.

3 They are freely available on the NHS England website.

Making a decision about hip osteoarthritis



What is this for?

This document is to help you with decisions about your **hip osteoarthritis**. It includes information about the condition and possible treatments.

There are some parts you can fill in. You can prepare for your next appointment by completing pages 1 – 5 and 8 & 10. This will help your healthcare professional understand your situation and what's important to you. You can also use it during your appointment with your healthcare professional.


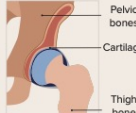
Pages 1 – 7 help you make a decision **Page 9 gives you more general information**

What is osteoarthritis?

Hip joints have a smooth cushioning substance called cartilage, between the pelvic and thigh bones.

Osteoarthritis is when this cartilage becomes thin, the joint is damaged and it can not move easily. Your body tries to repair the joint. Sometimes this repair does not work well which results in pain, stiffness and swelling.

Most of us will get some osteoarthritis in our joints as we age but it doesn't always cause pain.



Healthy hip
Joint surfaces glide smoothly

Hip with osteoarthritis
Joint surfaces don't move smoothly

How is my osteoarthritis? (Please put an **X** in the box that applies to you)

Occasional pain – I can still do most activities <input type="checkbox"/>	Frequent pain – my activity is quite limited <input type="checkbox"/>	Continuous pain – including at night. I can do very little <input type="checkbox"/>
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Treatment options

There are many things you can do to help manage your arthritis.

Things I can do myself **Tablets & injections** **Surgery**

Which options are better for you depends on your personal preferences, your age, and how symptoms are affecting your life. Not every treatment is available to everyone on the NHS at all times.

Osteoarthritis is a common condition. With the right support, most people learn to manage their arthritis well. You can try a combination of things at the same time from the 'things I can do myself' and 'tablets and injections' options.

Cataracts

Hip and Knee osteoarthritis

Dupuytren's contracture

Carpal tunnel syndrome

Atrial fibrillation

Wet AMD

Open-angle glaucoma



What is this about?

The Winton Centre team with NHS England created 8 decision aids. These tools support shared-decision making by making treatment options explicit, providing balanced evidence-based information about the associated benefits and risks, and helping patients to consider what matters most to them in relation to the possible outcomes, including doing nothing.

Whom are they for?

Patients *and* clinicians. They can be used during a consultation in clinic or be taken away to be read before or immediately after appointments. They are screen-reader friendly and generally have a reading age of 9-11.

How did you make these?

We followed a user-centered design process. We talked to doctors, other clinicians, patients, patient organizations, all through 1-on-1 interviews (200+). We developed a draft of the tool with the help of a graphic design team. We tested this document with patients and clinicians, iteratively amending and testing through multiple rounds. We included the latest data and adhered to NICE and International Patient Decision Aid Standard (IPDAS) guidelines for decision aids.

What's next?

We've been asked to make another set of tools – these will be available next year!

Where can I see these?

You can go to the NHS decision support tool pages, or scan the QR Code.

I've seen them and I've got opinions!

Great, come talk to us! Good or bad, we'd like to hear what you think.