

Do decision aids help people make decisions about healthcare?

Clinical Question	Do patient decision aids effectively help people to reach an informed decision regarding their healthcare needs?
Bottom Line	<p>Patient decision aids likely resulted in better congruence between participants' informed values for features of options and the choice made. Patient decision aids compared to usual care also resulted in large increases in knowledge, accurate risk perceptions, and increased participation in decision-making. There was reduced decisional conflict for subscales of feeling uninformed and unclear values.</p> <p>Consultations were no longer when patient decision aids were used in preparation for the consultation, and were only 1.5 minutes longer when they were used during the consultation.</p>
Caveat	<p>No studies demonstrated adverse effects in patients exposed to patient decision aids compared to usual care as indicated by no increased decision regret or emotional distress.</p> <p>However, there continues to be inadequate evidence on adherence to the chosen option, and healthcare system effects. No studies measured preference-linked health outcomes.</p>
Context	Patient decision aids are interventions designed to support people making health decisions. At a minimum, patient decision aids make the decision explicit, provide evidence-based information about the options and associated benefits/harms, and help clarify personal values for features of options.
Cochrane Systematic Review	Stacey D et al. Decision aids for people facing health treatment or screening decisions. Cochrane Database of Systematic Reviews 2024, Issue 1. Art. No.: CD001431. DOI: 10.1002/14651858.CD001431.pub6. This review contains 209 trials with a total of 107,698 participants.

Pearls No. 740, February 2024, written by Assoc Professor Vanessa MB Jordan.

Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD001431.pub6/full>