

## Patient information

# Shared decision making in anaesthesia

## Introduction

We want to support you to make the best decision for your anaesthetic for your surgery. A shared decision making conversation should leave you feeling involved in your care. It brings together the clinicians' expertise about the options with your preferences, personal circumstances, goals, values and beliefs.

## Choosing the best option for you

Your anaesthetist on the day will discuss all the options for your anaesthetic with you and personalise these discussions based on your risk, your health and the type of surgery you are having.

## Shared decision making

This is an increasingly important concept in modern medicine. It is something that we are dedicated to ensuring happens for all patients at the West Suffolk Hospital. Shared decision making is a process that encourages patients to be actively involved in the decision making about the treatment and care that they receive. Shared decision making should not only support you to make decisions but should also allow you to ask the questions that matter to you most.

Research suggests that patients who are involved in making decisions about their care and treatment:

- Feel more in control of their health
- Have improved knowledge of their condition and treatment options
- Are more likely to complete a course of treatment in accordance with the guidance from healthcare professionals
- Have fewer regrets about treatment
- Have better communication with healthcare professionals

- Are more satisfied overall with their care

Various frameworks can be used to support shared decision making. One of these is known as BRAN. It involves talking about the **B**enefits, **R**isks, **A**lternative options and the option of doing **N**othing (hence the abbreviation **BRAN**). If you do not feel that your anaesthetist on the day has covered any of these aspects, please do ask questions.

The centre for perioperative care provides more information about shared decision making and has produced an animation with an example to explain this further. It is available at the following address: <https://www.cpoc.org.uk/shared-decision-making>

More information on the BRAN framework is available at:  
<https://www.aomrc.org.uk/projects-and-programmes/choosing-wisely/>

Another tool promoted by the trust is the NHS Ask 3 questions framework. More information is provided on the trust website at: <https://www.wsh.nhs.uk/Patients-and-visitors/Support-we-offer/Shared-Decision-Making-Ask-3-Questions.aspx>.

Whilst this is written about outpatient consultations, it can also be a useful framework to think about what you want from your anaesthetic. It may allow you to think about questions or discussions that you want to have with an anaesthetist either in the pre-assessment clinic or on the day of your surgery.

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email [info.gov@wsh.nsh.uk](mailto:info.gov@wsh.nsh.uk). This will in no way affect the care or treatment you receive.

**If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>**



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## References

1. Centre for perioperative care shared decision making: <https://www.cpoc.org.uk/shared-decision-making>.
2. RCoA Shared decision making information leaflet available at: <https://www.rcoa.ac.uk/patient-information/patient-information-resources/shared-decision-making>.