

## **W91**

### **Decision aid - a tool for a patient and for a doctor?**

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**Aim:** After the workshop the participants:

- 1) will be aware of their own decision making process
- 2) will be able to help their patients with hypertension to choose between different treatment options

Improved patient knowledge of hypertension does not always contribute to behavioural change in health related activities. While the general knowledge of hypertension may be good, patients do not yet have a comprehensive understanding of their own condition and personal health risks. To improve patient health awareness and understanding of treatment goals, there is a need for effective methods to promote active patient involvement in the decision-making process.

It has been found that patients who can use additional decision aids for making treatment decisions have improved knowledge of options, fewer difficulties with decision-making and reduced anxiety. Decision aids are tools designed to help people understand the treatment options, consider the personal importance of possible benefits and harms, improve the knowledge of personal health and facilitate behaviour change towards better adherence to medical treatment. They are used when there is more than one medically reasonable option. in the interactive workshop participants can share the experiences with decision aids and practice decision making without and with decision aid.