The SHARE Approach
Essential Steps of Shared Decision Making

Five steps for you and your patients to work together to make the best possible health care decisions.

Step 1: Seek your patient’s participation
Communicate that a choice exists and invite your patient to be involved in decisions.

Step 2: Help your patient explore and compare treatment options
Discuss the benefits and harms of each option.

Step 3: Assess your patient’s values and preferences
Take into account what matters most to your patient.

Step 4: Reach a decision with your patient
Decide together on the best option and arrange for a followup appointment.

Step 5: Evaluate your patient’s decision
Plan to revisit decision and monitor its implementation.

www.ahrq.gov/shareddecisionmaking
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