

Roleplay Exercise Instructions – PATIENT

In this practice exercise, you will take turns playing the role of a patient and a clinician who are engaging in a shared decision-making conversation.

Instructions for the PATIENT role:

Your job is to play the role of a patient for your colleague to interview. You get to invent your patient character. You can play a patient who exists in real life (but obviously don't use their real name), or you can play a character that is entirely made up. Before you begin, tell your partner about the reason for your visit, the decision being discussed, and any relevant details about your patient character.

Key to this exercise is that the patient you play has to **MAKE A DECISION** in which **THEIR PREFERENCES MATTER**. The provider should try to identify which treatment plan is right for you, given your preferences. This decision will be the focus of the shared decision-making conversation.

When it is time to switch roles, we recommend keeping the same patient and decision, but changing one or two factors that may affect the preferences they have, or the decision they need to make.

Below are some example topics for shared decision making. These are ideas to help you get started, but feel free to choose a topic that is not listed:

Pick a topic that will require a decision:

- > Acne medication
- > Alzheimer's medication
- > Arthritis (hip/knee replacement)
- > Atrial fibrillation
- > Breast cancer – screening
- > Breast cancer – early stage treatment
- > Cervical cancer vaccine
- > Colon cancer screening
- > Enlarged prostate
- > Prostate cancer treatment
- > Lung cancer Screening
- > Osteoporosis medication

After choosing a treatment context and decision to be made, identify your patient's characteristics:

- > Reason for visit
- > Primary & secondary diagnoses
- > Demographics: Age, gender, race/ethnicity

Also consider possible complicating factors and whether you want to include them in your character. For example:

- > Housing
- > Food insecurity
- > Transportation
- > Social support challenges, such as isolation
- > Language barrier
- > Low health literacy

Roleplay Exercise Instructions – CLINICIAN

Instructions for the CLINICIAN role:

Practice honing your shared decision-making skills. Before you begin, your partner should tell you about the reason for their visit, the decision being discussed, and any relevant details about their patient character. Review this page and try to follow along with the SHARE components as you meet with your patient.

Key to this exercise is that the patient has to MAKE A DECISION in which THEIR PREFERENCES MATTER. Try to identify which treatment plan is right for the patient, given their preferences. This decision will be the focus of the shared decision-making conversation.

REMEMBER: Shared decision making is different from motivational interviewing. You are not trying to convince the patient to accept a particular treatment option. Instead, you are trying to identify what treatment plan fits best with your patient's preferences.

Remember the SHARE steps. If you get stuck, use some of the suggested language below:

Seek your patient's participation

- > I want to go over all the options so we can find a path that works for you.
- > There is good information about how these treatments differ that I'd like to discuss with you before we can decide what approach is best for you.

Help your patient explore and compare treatment options

- > What have you heard or read about [condition or treatment]?
- > Here are some choices we can consider.
- > Let's go over your options.
- > Let me tell you what the research says about the benefits and harms of the medicines you are considering.
- > These options may have different effects for you compared with other people, so I want to describe them.
- > The treatments I just described are not always effective for everyone, and the chances of having side effects can vary from one person to another.

Assess your patient's values and preferences

- > What are you worried about?
- > What are you hoping for?
- > As you think about these options, what's important to you?
- > Which of these potential risks worries you the most?
- > Is there anything that might get in the way of doing this?

Reach a decision with your patient

- > It is fine to take more time to think. Would you like some more time, or are you ready to decide?
- > What additional questions do you have for me to help you make your decision?
- > Are there other people that you want to talk to in order to help you make this decision?

Evaluate your patient's decision

- > Let's plan on reviewing this decision next [appropriate timeframe].
- > If you don't feel things are improving, please schedule a follow-up visit so we can plan a different approach.

ROLEPLAY CHECKLIST HANDOUT

Use this checklist to see if you incorporated elements of the SHARE Approach during the roleplay activity.

Seek your patient's participation

- I invited my patient to participate in the decision-making process.
- I told my patient they had options.

Help your patient explore and compare treatment options

- I presented all of the reasonable treatment/intervention options to my patient.
- I discussed the risks and benefits of each option with my patient

Assess your patient's values and preferences

- I encouraged my patient to talk about what matters most to him or her regarding the treatment options.
- I acknowledged what matters most to him or her.

Reach a decision with your patient

- I asked my patient what option he or she preferred.
- I asked my patient if he or she needed additional information or wanted to consult others before making a decision.

Evaluate your patient's decision

- My patient and I made plans to review their decision in the future.
- I worked with my patient to help them manage barriers to implementing their decision.