Using Clinical Guidelines and Patient Decision Aids in Your OT Practice

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Today’s agenda:

• What are clinical practice guidelines?
• Where can I find them?
• How do I evaluate them?

• What are patient decision aids?
• Where can I find them?
• How can I evaluate and use them?
What are Clinical Practice Guidelines?

- Document based on systematic reviews conducted by experts in the field to guide practice.
- Developed to assist therapists in determining best practice.
Questions to consider for strong guidelines

• Who developed the guideline?
• Is it current?
• Do they have systematic reviews with strong evidence?
• What was review process, who did they include?
• Are recommendation practical for therapists?
Where can we find them?

• Professional organizations
  • APTA -http://www.apta.org/EvidenceResearch/EBPTools/CPGs/
    https://www.cincinnatichildrens.org/service/j/anderson-center/evidence-based-care/legend

Hospitals:
Where to find them?

Hospitals:


• https://www.ecri.org/Pages/ECRI_guidelines.aspx
• http://www.wrha.mb.ca/extranet/eipt/database.php
AGREE- Appraisal Instrument for CPG

• Universally used appraisal tool for CPG
• Online training for free
• Checklist of 23 items

• At end – overall decide:
  • Strongly recommend
  • Recommend (with alterations)
  • Would not recommend
  • Unsure
AGREE Domains

• Scope and purpose
• Stakeholder involvement
• Rigour of development
• Clarity of presentation
• Applicability
• Editorial independence
Practice time

• Divide into groups and evaluate this guideline using Agree
Patient Decision Aids

- Designed to educate clients to make decisions regarding treatment
- Designed with health literacy principles
- Takes into account their personal values and preferences
“I think I speak for all of us when I say what in God’s name are you talking about?”
Shared decision making

- Patients and clinicians work collaboratively to decide about interventions based on clinical evidence and the patient’s informed preferences.

- Evidence reports patients want to be involved in decision making.

- To do this- they need clear, easy to understand information.
Benefits of SDM:

• Clients happier with process
• Improved patient follow through with treatment plans
• Better psychological adjustment to illness

• However:
  • May increase anxiety- reveals uncertainties of some decisions

• (Til et al., 2010)
PDA (evidence)

- Patient decision aids:
  - Using high quality PDA improve patients knowledge about options
  - Increased accurate risk perception
  - Reduced decisional conflict
  - More inline with client values

- Stacey et al., 2017
What makes a good decision aid?

• Standards for decision aids done by folks in Canada- (2003)
  • International Patient Decision Aids Standards (IDPAS)

• Washington State Health Care Authority Washington State Health Care Authority

• National Standards for the Certification of Patient Decision Aids- by the National Quality Forum (2016) considering certification of PDA
Where can I find them?

• Ottawa Hospital Research Institute-
  https://decisionaid.ohri.ca/AZlist.html

• Washington State
  • https://www.hca.wa.gov/about-hca/healthier-washington/certified-aids

• https://www.decisionaid.info/dellmedschool

• Mayo Clinic
  • https://shareddecisions.mayoclinic.org/

• Cochrane
  • https://musculoskeletal.cochrane.org/decision-aids
Practice

• **dementia and driving**


• **Child tracheostomy guide**
SDM – video

- https://www.healthdialog.com/solutions/shared-decision-making
Personal Decision Guides

• Guides for any health related to social decisions
  
  • Should my mom remain at home or go to an ALF?
  • What are my young adult with ___ choices when graduating from HS? Where should they go?
  • Should we take a break from OT?
Questions

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References:


References:

• Tutorial for AGREE instrument:
  • http://www.agreetrust.org/resource-centre/agree-ii-training-tools/

• Tutorial for Patient Decision Guides:
  • https://decisionaid.ohri.ca/ODST/odst.php?section=s1