

Decision Counseling Guide for

People have reasons/goals that favor **Option A:** _____ and **Option B:** _____
 Encourage the patient to talk about their reasons/goals related to the options and clarify their preference.

STEP ONE: Help the patient identify their reasons/goals related to each option, select the most important reasons/goals (up to a total of 3) and rank those in order of importance (1= most important, 2 = 2nd most important, 3 = 3rd most important). Then, enter the top 3 reasons/goals in **STEP TWO**.

<u>Reasons/Goals for Option A:</u> _____ _____ _____	<u>Reasons/Goals for Option B:</u> _____ _____ _____
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STEP TWO: Ask the patient how much more they think one option can help to address their top reason(s)/goal(s) than the other option. Example: "I understand you want to [Reason/Goal 1]. How much more do you think Option A/B can help [Reason/Goal 1] than Option A/B?" If there is only one reason/goal, complete this step and go to **STEP FOUR**. If there are two or three reasons/goals, complete this step and proceed to **STEP THREE** and **STEP FOUR**.

Compare and Score the Options

	About	A	Some-	Much	Very	Overwhelmingly
	the	Little	what	More	More	More
<u>Top 3 Reasons/Goals</u>	Same	More	More	More	More	More
1. _____						
2. _____						
3. _____						

STEP THREE: Ask the patient how much more important one reason/goal is than another. Example: "How much more important is it to [Reason/Goal 1] than to [Reason/Goal 2]?" If there are two reasons/goals, enter how much more important 1 is compared to 2. If there are three reasons/goals, enter the importance of 1 compared to 2, 2 compared to 3, and 1 compared to 3.

Compare and Score the Reasons/Goals

	About	A	Some-	Much	Very	Overwhelmingly
	the	Little	what	More	More	More
<u>Top 3 Reasons/Goals Compared</u>	Same	More	More	More	More	More
1. compared to 2.						
2. compared to 3.						
1. compared to 3.						

STEP FOUR: Ask the patient to indicate what they want to do about _____ on a scale of 0 to 10 (0 = I really don't want to, 5 = I'm unsure, 10 = I really want to). Enter the result and develop an action plan based on this result.

	I don't want to		I'm unsure		I want to	
0	1	2	3	4	5	6
7	8	9	10			