

# Shared decision making in health and care



Shared decision making empowers people to make informed decisions about the treatment and care that is right for them. It's a key part of practising Realistic Medicine and delivering value based health and care.

## Watch our information videos:



REALISTIC  
MEDICINE



## Key messages

Two key learning resources are available to familiarise yourself with shared decision making:

[Shared Decision Making](#) is an introductory learning resource with a knowledge-check quiz to certificate your learning

[How to Measure Shared Decision Making](#) is a toolkit to guide evaluation



## Enhance your knowledge

Looking to deepen your knowledge of shared decision making?

The [Shared Decision Making e-learning module](#) provides in-depth training in shared decision making to enhance your understanding and to demonstrate commitment to your CPD.



[Contact us to learn more](#)