

Introducing a Patient Decision Aid within the Chronic Coronary Syndromes Pathway

[Insert team photo here or image of SDM]

Recognising the opportunity

A cardiology team at Bedfordshire Hospitals NHS Foundation Trust (Dr Sadat Edroos, Ms Susan Gent, Mr Donald Docena), was involved in a [research study](#) evaluating the feasibility of a digital patient decision aid (CONNECT) for patients with stable angina referred for elective coronary angiography, with or without angioplasty.



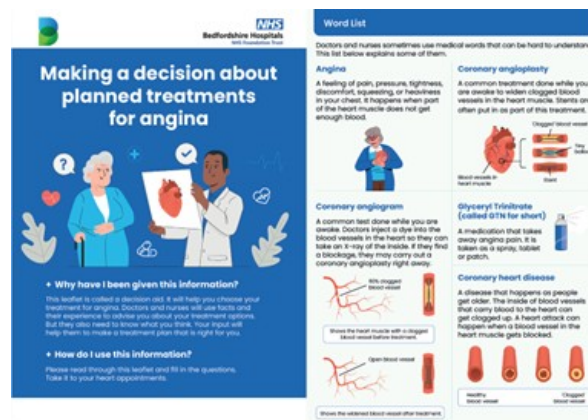
Results from sites using CONNECT indicated promising improvements, including included greater patient knowledge, lower decisional conflict, improved preparation for decision-making, and increased involvement in care.



These findings prompted the team to introduce a patient decision aid within their own practice to better support shared decision-making.

Choosing the right patient decision aid

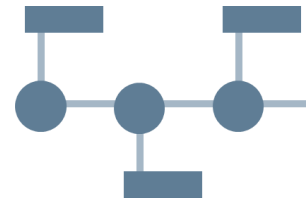
The first step was selecting a patient decision aid that was appropriate for both the decision and the patient population. The team reviewed available patient decision aids and agreed the resource should be used with low–medium risk patients with stable angina, where more than one treatment option was appropriate.



The team considered the characteristics of their patient population, including lower levels of health literacy and potential barriers to digital access, and selected a short, paper-based easy-read patient decision aid as the most accessible option.

Mapping the pathway

The team mapped the patient journey, from Rapid Access Chest Pain Clinic through to planned coronary angiography +/- angioplasty. This helped identify where patients were most likely to be making decisions about their care. They initially considered introducing the patient decision aid at the Rapid Access Clinic but recognised that many patients are not yet at a decision point and that decisions are usually made after CT coronary angiography. They therefore identified the most appropriate point to introduce the patient decision aid as the follow-up discussion after CT angiography results, when angioplasty is being considered.



Implementation approach

The team considered how best to provide the patient decision aid. They decided to introduce it during the nurse telephone consultation after the CT angiography and send it to patients along with the results letter. This ensured patients received it at the point treatment options were discussed and could review it in their own time.

Evaluation

The team are now conducting a service evaluation to assess the impact of the patient decision aid on patient knowledge, decision confidence, and experience of shared decision-making.

Reflection from Dr Edroos (Consultant Cardiologist)



Dr Sadat
Edroos

“I have been working in a multi-ethnic area, with a diverse population. Not all of my patients have the advantage of being able to navigate difficult decisions around their health or are able to comprehend the information required to fully participate in their care.”

“The patient decision aid is a great resource, which is specifically designed to help with this. The information given, with illustrative figures, makes the knowledge digestible and empowers choice. I have seen the benefit of this in clarifying the treatment pathway, and following our positive experience, fully support its wider use.”