



醫病共享決策

(Shared Decision Making,
SDM)

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決策




Why?

醫療決定品質評估

	是 (1)	否 (0)
1.您覺得您做了最適合您的決定嗎?	1	0
2.您知道每一個選項的優點及缺點嗎?	1	0
3.您清楚對您最重要的優點及缺點嗎?	1	0
4.您有得到足夠的幫助及建議來做決定嗎?	1	0

CollaboRATE Score

Home [The Decision Aids](#) About  U.S. English

The Option Grid™
decision aids



0 - 27

Current Grids

Future Grids

Learn More

Welcome to the Option Grid™ decision aid



**Glyn Elwyn , MD, MSc,
FRCGP, PhD**

Professor and Senior
Scientist at The Dartmouth
Institute for Health Policy &
Clinical Practice

How much effort was made to help you understand your health issues?
努力幫您了解您的健康課題?

0

1

2

3

4

5

6

7

8

9

No effort
was
made

Every
effort was
made

How much effort was made to listen to the things that matter most to you about your health issues?

努力聆聽您健康課題中
對您最重要的事

0

1

2

3

4

5

6

7

8

9

No effort
was
made

Every
effort was
made

How much effort was made to include what matters most to you choosing what to do next?

努力找出
您選擇時最重要接續要做的事

0

1

2

3

4

5

6

7

8

9

No effort
was
made

Every
effort was
made



大腸癌篩檢

定期篩檢

降低


大腸癌、死亡風險

為什麼有人不做篩檢？



我應該使用胰島素嗎？
第二型糖尿病

為什麼不用胰島素？

A man and a woman are running on a paved road in a scenic, hilly landscape. The man is in the foreground, wearing a dark blue t-shirt and black shorts, running away from the camera. The woman is slightly behind him, wearing a light blue long-sleeved shirt and black shorts, also running away from the camera. The background shows rolling hills and a clear sky with some clouds. The sun is bright, creating a lens flare effect.

改變行為
要有

自己認同

動機或理由
及行動