

Development of a patient decision aid for discharge planning of hospitalized patients with stroke

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Background

Patient involvement in discharge planning can be accomplished by promoting **shared decision-making** (SDM), which is defined as¹⁻⁴:

- the process in which patients and health care professionals (HCPs) team up
- to make well-informed, collaborative choices
- by combining the evidence and the patient's values

SDM can be supported with **patient decision aids** (PtDAs), which are effective tools for⁵:

- increasing the patient's knowledge
- reducing decisional conflict
- improving patient-physician communication

Aim

The aim of this study was to develop a PtDA with integrated outcome information for hospitalized patients with stroke, in order to empower patients to participate in their discharge planning.

Methods

A convergent mixed methods design was used by adopting a user-centered design with patients and HCPs in three consecutive phases (Figure 1). The development process was guided by the International Patient Decision Aids Standards (IPDAS) criteria.

Results

In total, 144 patients and HCP shared their decisional needs concerning discharge planning. These data were used to develop the three-component PtDA (Figure 2) in five co-creation sessions with a multidisciplinary team of stakeholders, including a patient representative. In the acceptability test, all qualifying and certifying IPDAS criteria were fulfilled. The usability test showed that patients and HCPs highly appreciated the PtDA with integrated outcome information.

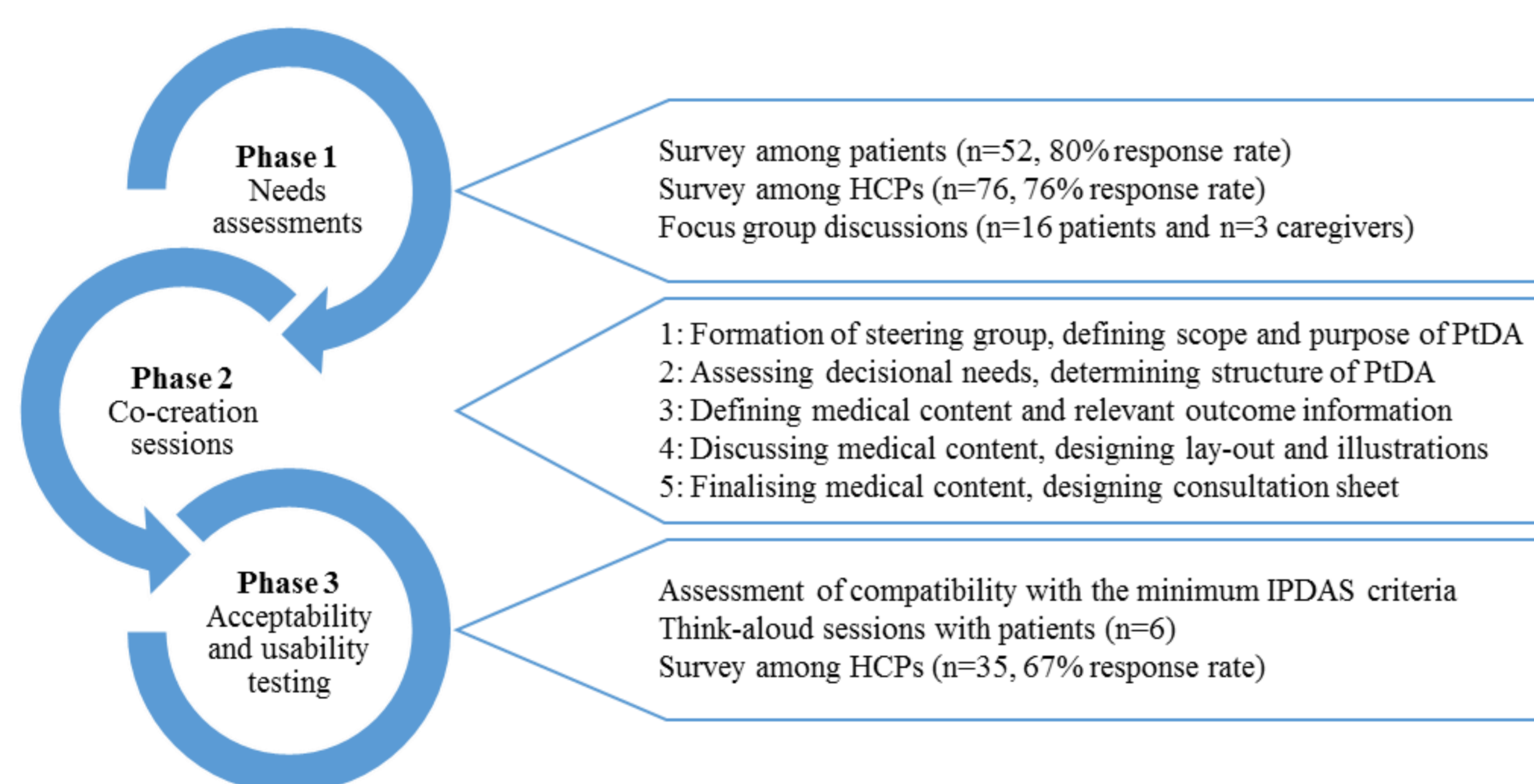


Figure 1. Phases of the development of the PtDA

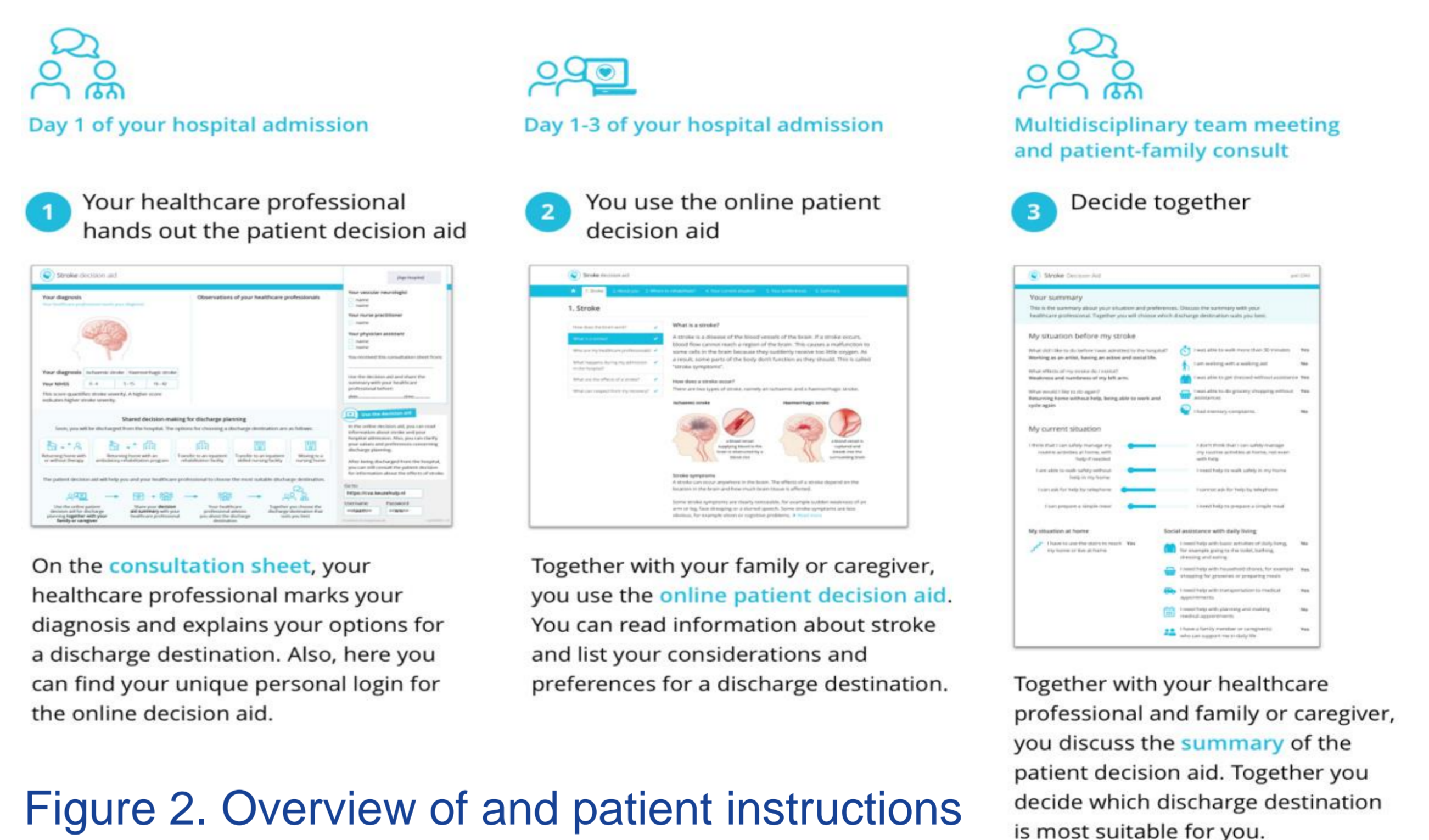


Figure 2. Overview of and patient instructions for PtDA

Conclusion

Our user-centered design process resulted in an acceptable and usable PtDA with integrated outcome information to support hospitalized patients with stroke and HCPs in SDM about the discharge destination. The PtDA is currently under investigation in a clinical trial to determine its effectiveness.

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