Shared decision making is a key component of patient-centered health care. It is a process in which clinicians and patients work together to make decisions and select tests, treatments and care plans based on clinical evidence that balances risks and expected outcomes with patient preferences and values.

Shared Decision Making is important because in many situations, there is no single “right" health care decision; choices about treatment, medical tests, and health issues come with pros and cons. Shared Decision Making is especially important in these types of situations:

- When there is more than one reasonable option such as for screening or a treatment decision
- When no one option has a clear advantage
- When the possible benefits and harms of each option affect patients differently

Source:
The American College of Obstetricians and Gynecologists provides research-based, recommendations for effective postpartum care planning. Visit their website at https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/05/optimizing-postpartum-care to learn more.