



**To:** Loyola Physician Partner Providers  
**From:** Keith Veselik, MD - Chief Medical Officer  
**Date:** May 14, 2025  
**Subject:** Shared Decision Making

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Shared decision-making is a communications process. It is a way for providers and patients to make informed health care decisions that align with what matters most to patients. Below are resources to help you involve your patients in shared decision-making.

These evidence-based aids provide information about treatment options, lifestyle changes and outcomes. They don't replace your guidance but can help your conversations with patients.

**Why it's important:** When patients help make decisions about their health care, it can lead to improved patient experience, better outcomes and quality of life.

Resource tools can be found at the following links:

Mayo Clinic Knowledge and Evaluation Research Unit: Care That Fits Tools

<https://carethatfits.org/tools/>

Care That Fits: Depression Medication

<https://carethatfits.org/depression-medication-choice/>

National Institute of Health: Prenatal Depression

<https://www.nimh.nih.gov/health/publications/perinatal-depression>