

Decision Aid Summaries

List of video decision aids
for primary care,
with brief descriptions of the
target audience and contents of each DA

Table of Contents

Cancer Screening

Is a PSA Test Right For You?.....3

Colon Cancer Screening.....3

Advance Care Planning:

Advance Directives.....3

Chronic Conditions:

Living With Diabetes.....5

Living with Heart

Failure.....5

Living Better with Chronic

Pain.....5

Shared Decision Making:

Getting the Healthcare That’s Right for You1

Osteoarthritis:

Knee Osteoarthritis.....5

Hip Osteoarthritis5

Back Pain:

Herniated Disc5

Spinal Stenosis2

Chronic Low Back Pain:6

Acute Low Back Pain6

Heart Disease:

Treatment Choices for Coronary Artery Disease6

Living With Coronary Artery Disease6

Living With Heart Failure.....5

Mental Health:

Depression7

Weight Management:

Weight Loss Surgery8

Prostate Disorders:

Benign Prostatic Hyperplasia.....4

Women's Health:

Managing Menopause8

Abnormal Uterine Bleeding8

Uterine Fibroids8

Is a PSA Test Right For You?

For: Asymptomatic men age 50 and over who are contemplating getting a PSA test for prostate cancer screening.

Not for: men with prostate cancer

Content: Prostate anatomy and function, epidemiology and natural history of prostate cancer, pros and cons of prostate cancer treatment, accuracy of PSA and DRE, pros and cons of screening. (Video-33 minutes, booklet-24 pages)

Colon Cancer Screening: Deciding What's Right for You

For: men or women age 50 to 80 at average risk for colon cancer who are considering either first-time or repeat screening.

Not for: patients with history of polyps, colon cancer, or IBD; family history of CRC

Content: Risk of colon cancer (6% lifetime/3% death from CRC), efficacy of screening, risk, expense and benefits of various modalities of screening (colonoscopy, sigmoidoscopy, FOBT, barium enema, virtual (CT) colography) (Video-32 minutes, booklet-21 pages, screening choices comparison chart)

Peace of Mind: Personal Stories About Advance Directives

For: anyone contemplating completion of an advance directive

Content: families differing experiences with intensive care interventions are presented, along with the benefits of thinking about and discussing preferences ahead of time. (Video-19 minutes)

Getting the Healthcare That's Right for You

For: people interested in improving the quality of their health care.

Content: Health care has become increasingly hurried, complex, and fragmented. Patients can improve their care by: forming a good doctor-patient relationship, preparing for appointments, sharing information and decisions with their provider, and thinking about downstream consequences of undergoing medical tests. Instructions are given on creating a personal health record and acquiring reliable health information. (Video-21 minutes, booklet-42 pages)

Treatment Choices for Knee Osteoarthritis

For: Individuals with knee OA confirmed by x-rays, who have symptoms that interfere with activities of daily living, employment or leisure despite efforts at non-operative management with anti-inflammatories, knee exercises, lifestyle modification, injection and other modalities.

Not for: forms of arthritis other than OA, patients who have medical co-morbidities that preclude surgical treatment.

Content: description of knee OA and its natural history; indications for surgical (knee replacement, knee arthroscopy) and non-surgical treatments (oral and injected medications, weight loss, PT, exercise); potential benefits and risks of various treatment options; rehabilitation after surgery; anticipated treatment outcomes and duration of benefit. (Video-42 minutes, booklet-30 pages)

Treatment Choices for Hip Osteoarthritis

For: Individuals with hip OA confirmed by x-rays, who have symptoms that interfere with activities of daily living, employment or leisure despite efforts at non-operative management with anti-inflammatories, hip exercises, lifestyle modification and other modalities.

Not for: forms of arthritis other than OA, patients who have medical co-morbidities that preclude surgical treatment.

Content: description of hip OA and its natural history; indications for surgical (hip replacement, hip arthroscopy) and non-surgical treatments (oral and injected medications, weight loss, PT, exercise); potential benefits and risks of various treatment options; rehabilitation after surgery; anticipated treatment outcomes and duration of benefit. (Video-44 minutes, booklet-40 pages)

Herniated Disc: Treating Low Back and Leg Pain

For: people with over 4 weeks of sciatica symptoms that are consistent with radiographically documented nerve impingement by herniated disc, who are trying to make a decision regarding medical or surgical treatment.

Not for: poor surgical candidates, patients with urgent indications for surgery (cauda equine syndrome, significant weakness)

Content: natural history (pain usually resolves over time), nonsurgical treatments (exercise, PT, medications), risks and potential benefits of surgery, taking an active role and getting support. (Video-49 minutes, booklet 26 pages, symptom scoring worksheet)

Spinal Stenosis: Treating Low Back and Leg Symptoms

For: people with low back pain and/or neurogenic symptoms caused by spinal stenosis and present >8-12 weeks, who are considering surgical treatment.

Not for: back pain not due to spinal stenosis, poor surgical candidates.

Content: anatomy, pathophysiology and natural history of spinal stenosis, nonsurgical treatments (medications, brief bed rest, exercise, physical therapy), risks and potential benefits of surgery. (Video-54 minutes, booklet-36 pages, symptom scoring worksheet)

Chronic Low Back Pain: Managing Your Pain and Your Life

For: people with low back pain that has lasted for more than three months and is severe enough to limit their ability to do work, recreation, or other activities.

Not for: patients with significant radicular or neurologic symptoms

Content: The etiology of chronic back pain is often obscure, and a simple cure is unlikely. Viewers are encouraged to take charge of their situation, keep active, manage stress and depression, get support, and use treatments wisely through completing a Pain Management Plan.

(Video-38 minutes, booklet-56 pages, Pain Management Plan worksheet)

Acute Low Back Pain: Managing Your Pain Through Self-Care

For: men and women aged 18 to 65 with new onset (<4 weeks) of acute low back pain.

Not for: patients with neurologic symptoms

Content: etiologies and natural history of acute back pain, when to seek medical attention, lack of value of imaging studies in most cases of acute pain, importance of keeping active, use of OTC medicines, use of manipulation and massage. Booklet also describes stretching and strengthening exercises. (Video-25 minutes, booklet-48 pages)

Treatment Choices for Coronary Artery Disease

For: patients with stable coronary artery disease

Not for: patients with cardiomyopathy, valve disease, pregnancy.

Content: pathophysiology of coronary atherosclerosis and plaque rupture, descriptions of different classes of cardiac medications, angioplasty/stents, and bypass surgery and their comparative efficacy (symptom relief, MI prevention, survival, revascularization rates) and possible harms. (Video-58 minutes, booklet-28 pages)

Living With Coronary Artery Disease: Doing Your Part

For: patients with stable coronary artery disease

Not for: other types of heart disease

Content: risk factor modification with drugs and lifestyle changes: medications, lowering cholesterol, controlling blood pressure, quitting smoking, exercising, dietary modification,

managing weight, and stress management. (Video-37 minutes, booklet-36 pages, My Medication List worksheet)

Living with Heart Failure: Helping Your Heart Day-to-Day

For: adults with symptomatic congestive heart failure

Nor for: patients with valve disease or who are on dialysis

Content: pathophysiology and etiologies of CHF, patient self management techniques (daily weighing, low sodium diet, diuretic use) and creation of a Symptom Response Plan that details how patients should respond to symptoms and when to seek medical care. 2006 (Video-29 minutes, booklet-42 pages)

Living with Diabetes: Making lifestyle changes to last a lifetime

For: Adults who have type 2 diabetes.

Not for: people with type 1 diabetes, pregnant women with diabetes, people receiving care in a hospital or people seeking information to make decisions about kidney transplantation.

Content: The video and booklet present things patients can do to better self-manage your diabetes, including: taking medications, losing weight, becoming more physically active, eating a healthy diet, quitting smoking, and getting the healthcare that's best for you. 2007. (Video-24 minutes, booklet-54 pages, Diabetes Management Worksheet and Questions to Ask My Doctor About my Diabetes form)

Living Better with Chronic Pain

For: people who have pain that has lasted for 6 months or longer, even under the care of a doctor, and the pain makes some daily activities difficult or impossible.

Not for: people who have pain from cancer.

Content: The video presents different techniques and steps patients can take to manage and cope with chronic pain, including: how to work with healthcare providers to best manage chronic pain, set appropriate goals, use cognitive-behavioral therapy and relaxation techniques to manage chronic pain, and how to monitor progress while trying different techniques or treatments.

2007 (Video-33 minutes, booklet-48 pages, Chronic Pain Management worksheet)

Coping With Symptoms of Depression

For: adults with clinical depression, people who haven't been diagnosed but are wondering if they have depression, and anyone who wants to know more about depression

Not for: patients with bipolar disorder, seasonal affective disorder, premenstrual dysphoric disorder.

Content: description of depression, its prevalence, causes and symptoms; benefits and potential risks of treatment options: self-help techniques, antidepressants, St. John's Wort, counseling, and combination therapy; how severity of depression impacts treatment options. (Video-35 minutes, booklet-47 pages, PHQ-9)

Weight Loss Surgery, Is It Right For You?

For: people 18 or older who have a BMI > 40, or a BMI > 35 and other weight-related health problems such as diabetes, hypertension, obstructive sleep apnea, or arthritis.

Not for: women who are or may become pregnant, people with significant surgical comorbidities.

Content: risks of obesity, lifestyle changes necessary for weight loss, risks of surgery, realistic expectations of weight loss from surgery. Only gastric bypass is addressed in the video. The booklet also addresses gastric banding.

(Video 37 minutes, booklet 60 pages)

Treatment Choices for Benign Prostatic Hyperplasia

For: men with lower urinary tract symptoms due to benign prostatic hyperplasia (BPH).

Content: anatomy/pathophysiology of BPH, possible benefits and risks of the various treatment options: watchful waiting, alpha blockers, 5 alpha reductase inhibitors, saw palmetto, open prostatectomy, TURP, TUIP (incision), TUNA (needle ablation) and TUMT (microwave). (Video-57 minutes, booklet-31 pages, AUA symptom score sheet)

Managing Menopause: Choosing Treatments for Menopause Symptoms

For: women who have questions about menopause and symptom management.

Content: symptoms of menopause and how they change over time, risks/benefits of different treatments for hot flashes and atrophic vaginitis-including up to date (10/06) data on HRT (video-45 minutes, booklet-52 pages)

Treatment Choices for Abnormal Uterine Bleeding

For: women with dysfunctional uterine bleeding

Not for: women with fibroids, uterine cancer

Content: causes of abnormal uterine bleeding, benefits and potential risks of treatment options: watchful waiting, NSAIDs, hormonal therapy, limited surgery (laparoscopy, endometrial ablation) and hysterectomy. 2006. (Video-32 minutes, booklet-28 pages)

Treatment Choices for Uterine Fibroids

For: women considering treatment for uterine fibroids

Not for: postmenopausal women, women undergoing infertility treatment

Content: description of fibroids and their natural history, benefits and potential risks of options: watchful waiting, NSAIDs, hormonal therapy, limited surgery (myomectomy, uterine artery embolization) and hysterectomy.

2006. (Video-34 minutes, booklet-30 pages)

[**DHMC Center for Shared Decision Making Decision Aid Library**](#)

[**Ottawa Decision Aids**](#)

List of other decision aids

Ottawa Personal Decision Guide (a generic decision aid)