

# Effects of Shared Decision Making on Smoking Cessation among Patients



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## Background

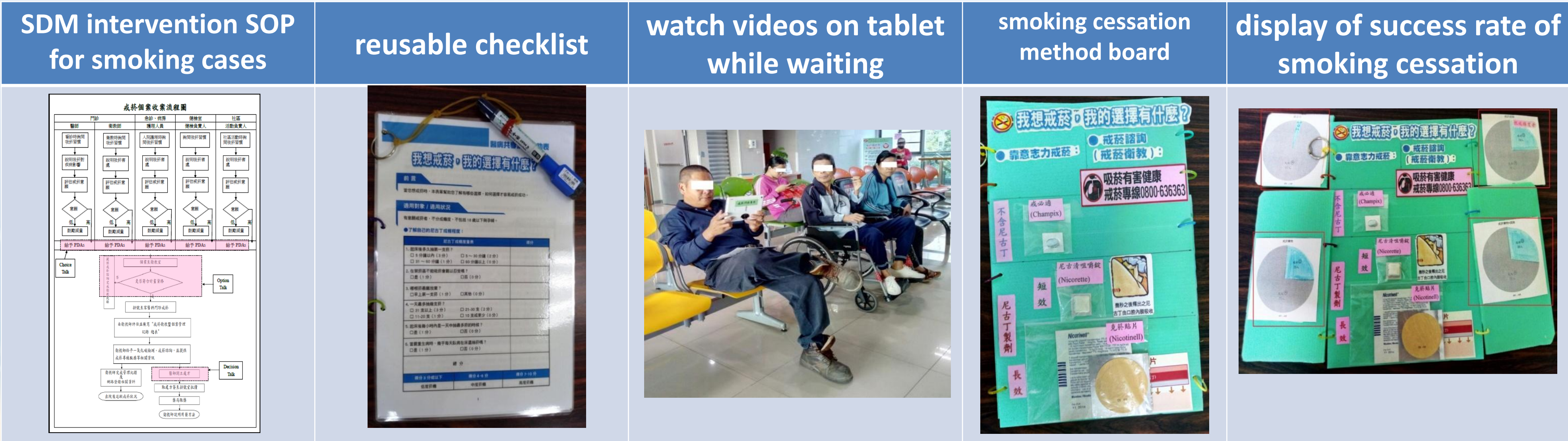
Shared Decision Making (SDM) is a patient-centered medical procedure, which is aimed to help patients and doctors share current evidence-based medical results before making the final decisions for treatment. KMCH has provided consolatory service and medication-assisted treatment for tobacco cessation since it was founded in 2014. The relatively lower rate of quitting smoking found in the implementation process has led to the introduction of SDM approach. It is hoped to help more patients quit smoking and increase their satisfaction in their smoking quitting experience.

## Purpose

To achieve higher success rate of smoking cessation among patients and create a standard operating procedure (SOP) through implementation of PDCA cycle.

## Approaches

1. To add the 「Task Force for Physician-Patient SDM Clinical Practice」 into the organizational structure of 「Medical Quality and Patient Safety Committee」 and formulate clear directions for the task.
2. To conduct SDM educational training sessions in the hopes of increasing the medical staff's professional competencies.
3. To establish an intervention SOP for dealing with smoking patients.
4. To develop a set of health education materials for SDM in accordance with the checklist titled as 「I want to quit smoking. What choice do I have?」 by the Joint Commission of Taiwan.



## Outcome

Since the execution of this plan in August 2018, a total of 173 patients have received health education materials (165 in the outpatient of clinic, and 8 patients of hospitalized). Twenty-two of them had already completed SDM process and opted for medication-assisted treatment. These patients also filled out the survey for SDM satisfaction among patients; 19 patients (86.4%) clicked “very satisfactory.” Those who did not complete the SDM process ended up having 7.55% success rate, whereas those who completed the SDM process were achieving a success rate of 16.67% in tobacco cessation. This indicates a positive effect of SDM in helping patients quit smoking cigarettes.

## Conclusion

Since SDM has been proved to have remarkable effect in helping patients quit smoking, it is planned as an SOP for smoking cessation. It is hoped that the efficacy of this plan may contribute to the prevalence of SDM across KMCH in the future.