

# Realizing shared decision making (SDM) in everyday practice: the needs of parents and professionals in maternity care

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## Introduction

### Shared decision making (SDM)

- Parents increasingly involved in decisions
- High quality maternity care

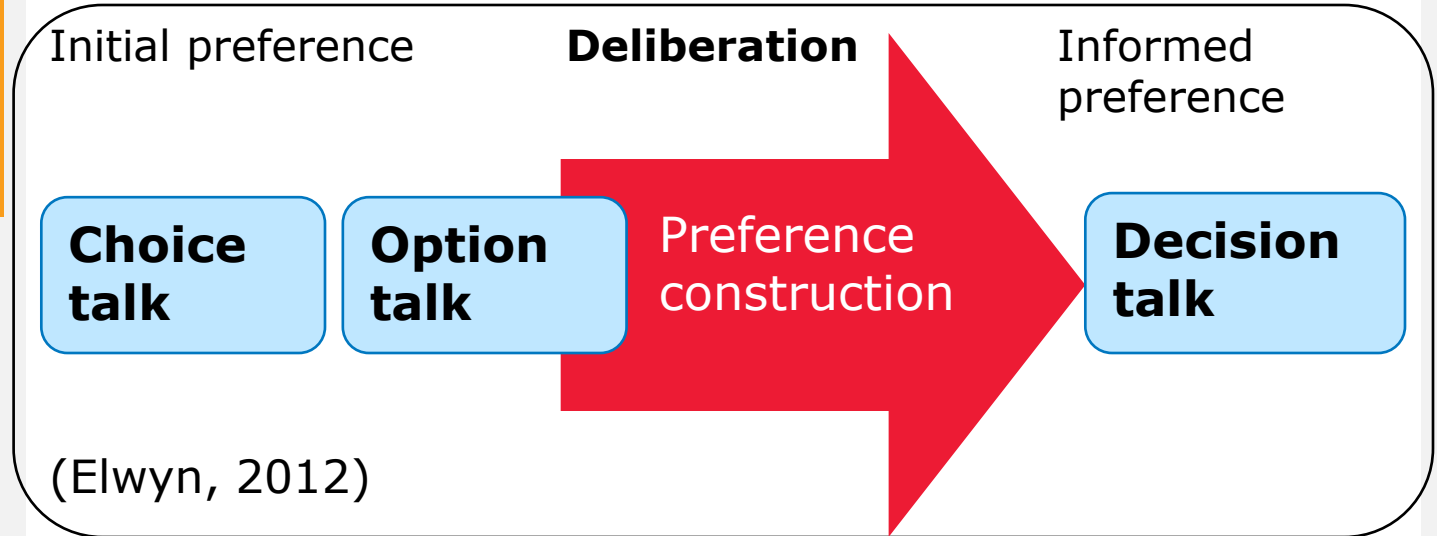
#### Definition (Elwyn, 2012):

*"An approach where **clinician and patient** share the **best available evidence** when faced with the task of **making decisions**, and where the **patient is supported** to consider options, to achieve his/her informed preferences."*

#### SDM in maternity care

## SDM model

### 3 steps model for SDM



### Challenges in SDM

## Research aim

### Research-aim:

To develop in **co-creation** with **parents and maternity care professionals** an **intervention to support SDM** throughout pregnancy, childbirth and postpartum care.

### Today:



**Needs-assessment** among parents and professionals in maternity care.



First glance of the **intervention**

## Methods

### Research project

#### Qualitative study Rapid prototyping:

Step by step development of intervention, in co-creation:

- Parents
- Primary care midwives
- Hospital based midwives
- Obstetricians
- Obstetric nurses
- Maternity care assistants

#### Step by step development:

1. Needs-assessment
2. First prototype of the intervention
3. Prototype testing and adjustments (several times)
4. Evaluation
5. National distribution

- Focus group discussions
- Nov. and Dec. 2016
- Content analysis



## Results

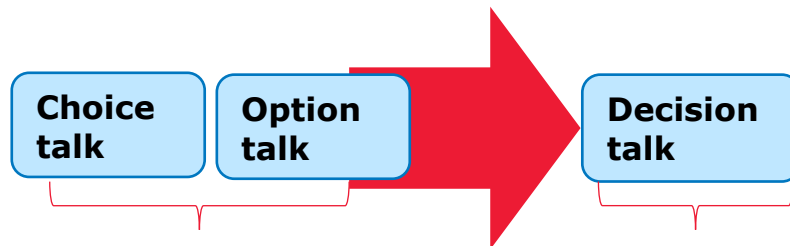
- 1. Process of SDM in everyday practice**
- 2. Needs of professionals**
- 3. Needs of parents**

## Results (1)

### Process of SDM in everyday practice

High need for SDM  
Advantages & uncertainties

3 steps SDM



*Often recognized*

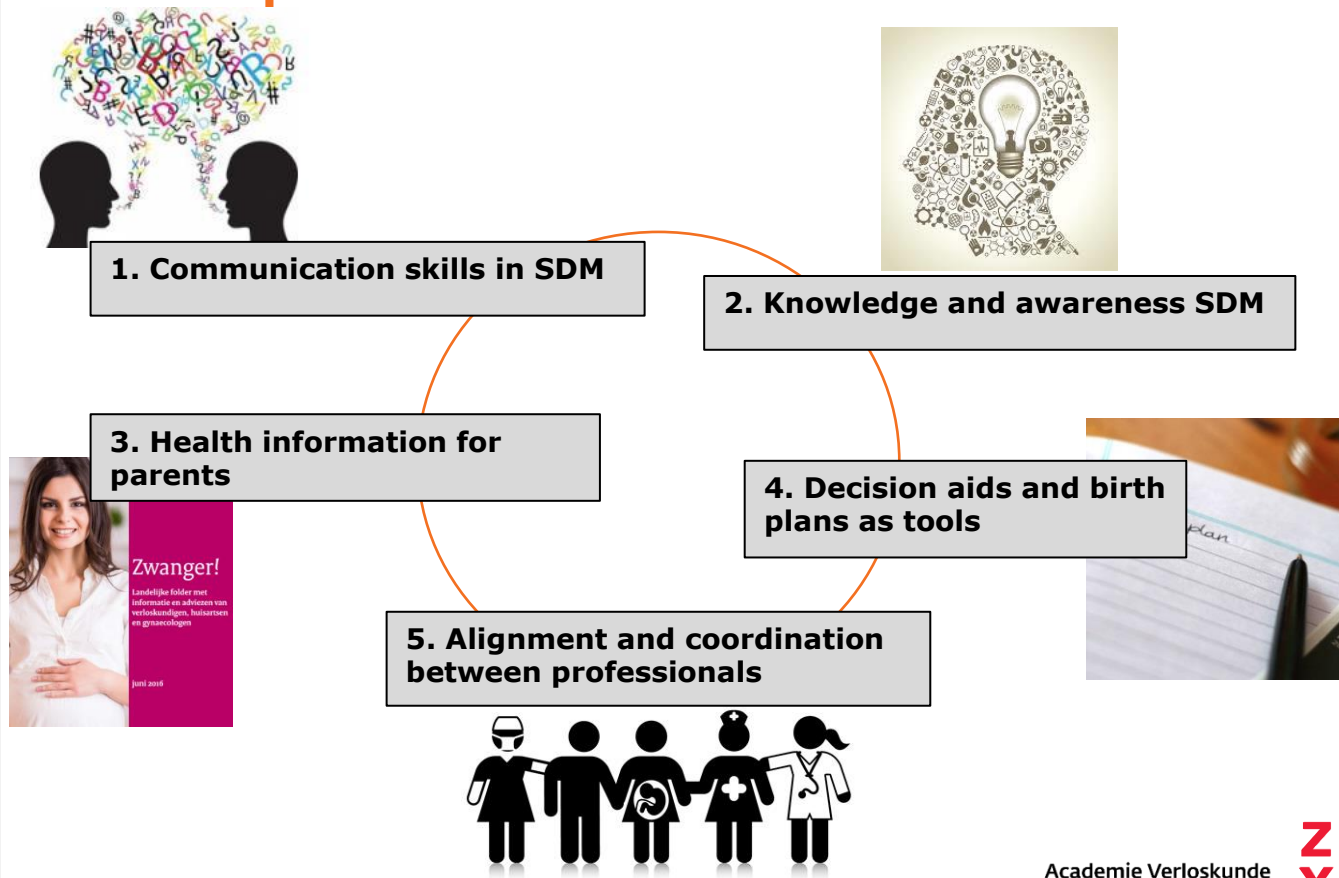
*Not often recognized*

**Parent:** *"There is a choice and different options exist ... that's what my midwife told me. [...] But making a decision together or discussing what I find important ... well actually I just inform her about my decision, that's not really a shared endeavor."*

Communication and trust  
SDM process needs improvement

## Results (2)

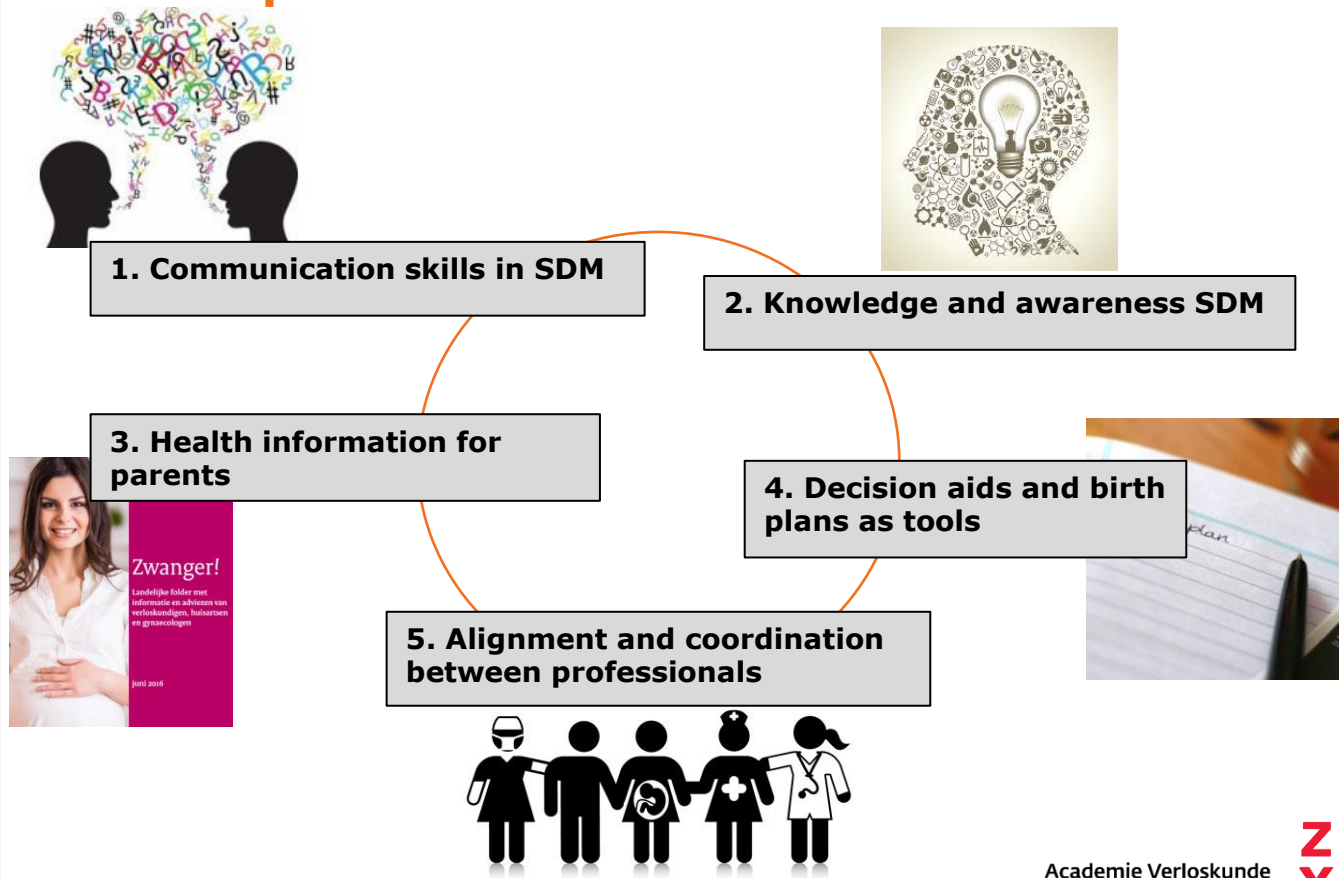
### Needs of professionals





## Results (3)

### Needs of parents



## Results

### Moreover, a feasible intervention would ...

- Practical tools
- Focus: variety in professionals and parents
- Online and interactive

## Results - summary

### Needs, in short:

Communication skills, awareness SDM, practical tools



### Intervention

1. E-learning for professionals
2. Movie & information material for parents

## E-learning SDM in maternal healthcare:

2 hours, 4 modules:

1.

Introduction in  
SDM

2.

Coaching in  
empowerment

3.

SDM in specific  
situations

4.

SDM in the birth  
care network

- Practical
- Mix of content and material

# E-learning professionals

## Elements:

- Presentations
- Exercises
- Cases and examples
- Tips
- Pre- and post tests
- Literature
- Interviews



## Discussion

### Research-aim

To develop in co-creation with parents and professionals an intervention to support SDM.

### Needs

Communication skills, awareness SDM, practical tools  
→ E-learning for professionals

### Reflections

- Importance of co-creation & step by step development
- Feedback: face to face and online
- Challenge: variety in professionals
- Challenge: how to develop SDM skills?

**Thank you**  
**questions &**  
**discussion**



Behind the scenes...

Academie Verloskunde  
Maastricht

**ZU**  
**YD**