

Chapter 4. Shared Decision Making Process

Prioritizing Goals for Treatment and Outcomes

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Step 1: Where do I start?

A. My risk group is:

- Low** - PSA < 10, Gleason score is ≤ 6 , stage is T1 or T2a.
- Intermediate** - PSA 10 - 20, Gleason score = 7, stage T2b or >50 percent of their biopsies showing disease.
- High** - PSA > 20, Gleason score is 8 - 10, or stage T3 or T4.

B. My doctor-recommended treatment options are:

- Low Risk of Recurrence**
 - Watchful waiting
 - Surgery
 - Radiation
 - External beam
 - Brachytherapy
- Intermediate Risk of Recurrence**
 - Watchful waiting
 - Radiation
 - External beam
 - Brachytherapy
 - Surgery
- High Risk of Recurrence**
 - Hormonal therapy plus radiation
 - Surgery and radiation

C. Other treatment options I want to explore are:

- _____
- _____
- _____
- _____

Step 2: Identifying my goals (Rank your goals, "1" being the most important)

C. My Prostate Cancer Goals Are:

- Avoiding Side Effects**
Vignette 1: Age 73 (Low Risk; T2a, Gleason = 6) "The thought of being

incontinent or needing a diaper depressed me ... the options were surgery or radiation, and I thought proton therapy might reduce the possible side effects ... and I have been extremely satisfied.”

Maintaining Quality of Life

Vignette 2: Age 55 (Low Risk; T1c, Gleason = 7) “I am a young, sexually active gay man ... I am unwilling to consider living the rest of my life without erections ... I chose to watch and wait.”

Vignette 3: Age 83 (High Risk; T3b, Gleason = 9) “I wanted to stay active. I golf, ski, and work part time. I did hormones, then brachytherapy, then external beam radiation.”

Getting the Cancer Out/Gone

Vignette 4: Age 78 (Intermediate/High Risk; T1c, Gleason = 8) “I wanted to get rid of the cancer and live longer. Radiation was the best option. I did hormones while I was deciding what treatment to pursue.”

Vignette 5: Age 58 (Low/Intermediate Risk; T2a, Gleason = 7) “I wanted to get rid of the cancer and know more about the disease. Surgery was the best option.”

Cost of treatment

Operative risk (fear of dying during surgery)

Making Treatment as Convenient as Possible

Vignette 6: Age 63 (Low Risk; T1c, Gleason = 6) “I wanted a short treatment phase, fewer complications, and a short recovery time. HDR brachytherapy was best for me.”

Vignette 7: Age 63 (Low Risk; T2a, Gleason = 5) “I am the primary caretaker for ... and I have a job that requires my presence. I had to be able to miss zero days of work. I chose permanent seed brachytherapy.”

Step 3: Setting Priorities (Rank your priorities, “1” being the most important, and “7” being the least important)

D. My priorities for treatment are:

Avoiding Immediate Side Effects of Treatment

- Urine Incontinence
- Bowel Incontinence
- Impotency/erectile dysfunction
- Bowel problems
- Sexual Potency

Avoiding Long-Term Side Effects of Treatment

- Urine Incontinence
- Bowel Incontinence
- Impotency/erectile dysfunction
- Bowel problems
- Sexual Potency

Maintaining Quality of Life

Getting the Cancer Out/Gone/Controlled

Cost of treatment

Operative risk (fear of dying during surgery)

Making Treatment as Convenient as Possible

- Number of treatments
- Where treatment is administered

Other (please specify) _____

Step 4: Making a Decision

E. My realistic options for treatment are:

Priority	Treatment Option 1	Treatment Option 2	Treatment Option 3
1.			
2.			
3.			
4.			

F. The next steps I need to take are:

	Date I expect to accomplish this goal:	Support I need:
1. Find more information		

2. Talk to family members		
3. Make appointments		
4.		

Other comments:

Patient signature: _____

Date: _____

Navigator signature: _____

Date: _____

Instructions: Make a copy for the chart before patient leaves and give the original to the patient.