



## **RCP Position Statement**

### **Personalising Healthcare:**

### **The role of Shared Decision Making and Support for Self-Management**

**8<sup>th</sup> July 2013**

The Royal College of Physicians has a long heritage of fostering and supporting the highest quality in both professional behaviours and clinical competency in the medical care of patients. As a part of this heritage the RCP is committed to working in partnership with patients and carers to achieve what they recognise as the best outcomes for themselves. To do this partnership working must be woven into the fabric of healthcare at every level (policy, planning, organisational and individual), including into the working of the RCP. In collaboration with the RCP Patient and Carer Network, the RCP has developed the following Position Statement.

Shared Decision Making (SDM) and Support for Self-Management (SSM) refer to a set of attitudes, roles, and skills, supported by tools and organisational systems, which put patients and carers into a full partnership relationship with clinicians in all clinical interactions. The RCP recognises that patients and carers expect this to be the usual/default experience in their clinical interactions with physicians and will work towards making this part of normal practice.

The RCP therefore:

- values the insights, personal priorities and assets that patients and their carers bring, as partners in decision making and the delivery of care, both in situations where specific decisions and self-management of long term conditions take place
- wishes to lead in the embedding of this into normal patient experience and therefore supports the development of SDM and SSM as strands within RCP policy and development programmes
- recognises that partnership working requires clinicians to understand the role that patients and carers are seeking from them; this requires the professional attitudes and skills needed for SDM and SSM to be woven into physician training and assessment, and become a normal part of physician practice
- encourages physicians to continue to lead and advocate developments in clinical systems and tools that support patients and carers to become more equal partners in decisions about their care and the way it is delivered
- will identify the opportunities for SDM and SSM to take place more widely in the routine working lives of physicians, and also identify measures of the extent to which this takes place
- will work with policy makers, professional and charitable organisations, and individual and corporate champions of SDM and SSM, as part of a coalition of those determined for these approaches to be implemented.