Washington State Shared Decision Making: Translating Research into Policy

National Academy for State Health Policy
October 20, 2015

Daniel Lessler, MD, MHA
Chief Medical Officer
Washington State Health Care Authority

Objectives

• Brief overview of shared decision making (SDM) and patient decision aids (PDAs)
• The case for shared decision-making to promote patient engagement
• Policy context
• Research to practice: Washington’s implementation strategies
What is Shared Decision Making?

• Shared decision making (SDM) is a collaborative process that allows patients and their providers to make health care decisions together, taking into account the best scientific evidence available, as well as the patient’s values and preferences.*

*Source: Informed Medical Decisions Foundation (IMDF)

Patient Decision Aids

• A tool used by providers in shared decision making to engage patients in decisions that affect their health care by providing them with information they need to make an informed choice.

• PDAs come in many forms:
  – A written document
  – A link to an interactive website
  – Videos
  – Visual aids
Decision Aids Support SDM

But I already DO shared decision-making with my patients…

Of course it is totally up to you, but if it was me, I’d choose to have the surgery.

Used with permission, Dr. Matt Handley, Group Health Cooperative.
Better Health, Better Care, Lower Costs

Decision Aids: The Evidence*

• Improve knowledge of options
• Lead to more accurate expectations of possible benefit and harms
• Lead to choices that are more consistent with values
• Promote greater participation in decision-making


Affordable Care Act (2010)

• **Section 3506:**
  – HHS to contract with entity to establish evaluation standards and develop certification process
  – HHS to award grants to develop, produce, and test PDAs and to educate physicians about their use
  – Funding and regulatory action have lagged, but PDA demonstration centers supported
• **Section 3021:** CMMI charged with testing and evaluating innovation models, specifically including SDM
• Promoted as part of Medicare Shared Savings Program (ACO) regulations and other payment reforms
CMS Related Activity

- Medicare Access and CHIP Reauthorization Act
  - “The Doc Permanent Fix” of 2015
  - Encourages “alternate payment models,” other value-based reimbursement metrics on a phased-in basis
    - SDM as element of “beneficiary engagement”

- Decision Memo for Lung Cancer Screening (2015)
  - Adds as a Medicare benefit “a lung cancer screening counseling and shared decision making visit” for low dose computed tomography screening

SDM Activity in Other States

- Maine, Massachusetts, Minnesota, Oregon, Vermont, Wisconsin have taken steps advancing SDM
- Part of state standards, information, pilots, etc.
- Federally supported innovations
Jack Wennberg to Washington’s Leaders: Why the Variation? Which rate is “right”?

![Data Chart]

SDM Legislation in Washington

**E2SSB 5930 (2007, “Blue Ribbon Bill”)**
- Multi-provider SDM Collaborative
- Informed consent liability protections for SDM using certified patient decision aids

**ESHB 1311 (2011 – Bree Collaborative)**
- Established Robert Bree Collaborative, focused on unwarranted variation and evidence based improvement strategies

**ESHB 2318 (2012 – Decision Aid Certification)**
- State Health Care Authority medical director may certify or recognize certifying entities meeting specified criteria
Altering the Burden of Proof

- Preponderance – more probably true than not true

Becomes...

- Clear and convincing – substantially more likely to be true than not true.

Washington State: “The Bree Collaborative”

- Legislatively chartered in 2011
- Multi-stakeholder group appointed by the Governor
- Identifies up to 3 clinical focus areas annually
- Develops “best practice” recommendations
- Recommendations, if accepted by the Director of the Health Care Authority, incorporated into State purchasing strategies
- Other stakeholders encouraged to adopt recommendations
Why State Certification Matters

• As PDAs become more widely used, standards become critical to assure they are accurate, up to date and unbiased

• State as purchaser can play a leading role in promoting use of high quality decision aids as part of SDM, but it must identify “high quality”

• In Washington, enhanced liability protections are activated in part by PDA certification

• National certification has not yet occurred despite its inclusion in the ACA (authorized but not appropriated)

Decision Aid Certification Process: Washington State

• Based on standards established by the International Patient Decision Aids Standards Collaboration (IPDAS)

• Developed in collaboration with local and national experts and stakeholders

• Scheduled for completion in October 2015

• Development supported with grant funding from the Gordon and Betty Moore Foundation
Shared Decision Making: Translating Research into Policy

- Bree Collaborative – “best practice” recommendations include SDM with certified PDAs
- Washington State “Accountable Care Program” contracts (public employees) mandate SDM with certified PDAs
- Washington State plans bundled contracting that will include requirement for SDM with certified PDAs
- CMMI-grant funded “Practice Transformation Hub” supports training for clinical community in SDM

Dan Lessler, MD, MHA
daniel.lessler@hca.wa.gov