What is Shared Decision Making?

Everyone experiences Chronic Obstructive Pulmonary Disease or COPD differently, which is why talking to your doctor about a personalized management plan is crucial. Yet, with a variety of treatments and delivery options available, it can be difficult to know how to start that conversation.

Shared Decision Making can help. After answering some questions about your lifestyle, you will receive personalized recommendations for living with COPD, as well as potential treatments and delivery methods. You’ll have an opportunity to explore these and record methods of interest.

At the end of the course, you will receive a personalized report that includes recommended treatments, selected delivery devices, and useful resources. We encourage you to use this as you work with your doctor to develop a plan for treating your COPD.

How does it work?

This user-friendly course makes it easy to evaluate the impact of your COPD and explore potential treatments.

Choose a Guide

Once you begin, you’ll have an opportunity to select a guide who will stay with you throughout the course. This character will ask questions about your experience with COPD, provide directions for completing activities, and make personalized suggestions for how you can manage your COPD effectively.

Evaluate Your COPD

To receive personalized recommendations, you will answer a series of questions that have been divided into sections. They will address your lifestyle, smoking and vaping habits, and experience with exacerbations. Your responses will be used to determine what information and resources you might find useful.

Consider Helpful Advice

After each set of questions, your guide will respond based on your answers. In some cases, you may be encouraged to explore certain treatment types or delivery devices. In others, you may receive additional information about how COPD may be affecting you. Be sure to read these responses carefully before continuing through the course.
Explore Effective Management

Upon receiving your guide’s personalized feedback, you’ll have the opportunity to explore topics to help you better understand and manage your COPD. You can access this information by selecting any of the brochures you see at the bottom of the screen. When you’re done exploring, you’ll select the forward arrow to continue. Remember, these topics are optional, and you can continue without viewing them.

Consider Your Experience in Context

The next section of the course will ask you to consider some of the disparities that can exacerbate COPD and place certain populations at greater risk. It will also identify some of the inequity that impacts diagnosis and treatment. These topics will help you evaluate your own risk and experience as a patient.

Learn About Treatment Types

At this point, you will have a chance to learn about some of the treatments that your guide may have mentioned earlier in the course. Selecting a tab will display information about some of the most common treatments, their uses, and associated delivery devices. This information will provide a foundation for when you and your doctor work together to develop a treatment plan.

Delve into Delivery Devices

After viewing treatments, your guide will introduce you to a variety of devices used to deliver those medications. Here you will have a chance to explore the pros and cons associated with a device. If you find one you think will work well with your lifestyle, you can select a button to record it on your final report.

Download Your Personalized Report

At the end of the course, you will receive access to your personalized report. You can enter your email address and have it emailed to you or download a copy to your computer. This report will contain your personalized recommendations based on the answers you provided at the beginning of the course, any delivery devices you selected, and a list of resources for managing COPD. You should take this report with you when you visit your doctor and use it to work together to develop a plan for managing your COPD.