

The DECIDE-OA study:

Comparing the effects of different decision support strategies to help patients with osteoarthritis make an informed, patient-centered (IPC) treatment choice



Population: Adults aged 21+ with hip or knee osteoarthritis who had a visit with an orthopedic surgeon were recruited from 3 sites: (1) academic medical center, (2) community hospital, and (3) orthopedic specialty hospital

1124

Participants

57%

Female

65

Average age

91%

White, non-Hispanic

86%

High health literacy

Interventions

- 1) Short vs. Long patient decision aids (PDAs)
- 2) Usual care vs. Patient Preference Report (a summary of a patient's goals and treatment preference)

Primary Outcome

Patients who made an Informed Patient-Centered (IPC) decision needed 2 pieces:

- 1) knowledge score \geq 60%
- 2) received their preferred treatment

What is a PDA?

A tool (booklet, video, interactive website) that helps patients become involved in making decisions about their medical care. PDAs have 3 main parts:

- 1) explains the decision,
- 2) provides treatment options and their outcomes,
- 3) clarifies patient's preferences and personal values.

What we learned

Short, interactive PDA: 70% IPC



68%

of overall patients made an IPC decision



Long PDA w/DVD: 67% IPC

Patient reported outcomes at 6-month follow-up

Satisfied with symptoms:

74%

IPC patients

28%

Not IPC patients

Satisfied with treatment:

70%

IPC patients

27%

Not IPC patients

No regret with decision:

53%

IPC patients

23%

Not IPC patients

Summary:

Both PDAs had a similar rate of informed, patient-centered (IPC) decisions. Patients who made IPC decisions were more satisfied and had less regret.

Randomization



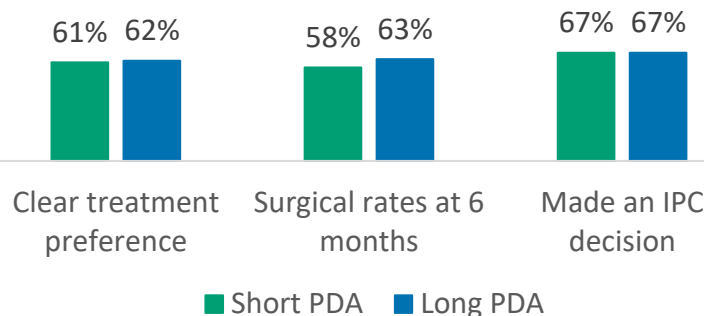
Data Collection Process



Results

- 1) Patients in the short PDA group had significantly higher knowledge scores (82%) compared to the long PDA group (73%) ($p < .001$)
- 2) Patient Preference Report did not have an effect
- 3) Less than half (45%) of patients talked about the reasons not to have surgery or talked about non-surgical treatments with their surgeon

Patient's treatment preferences and decision to have surgery were not significantly different between the two PDA groups.



Who can this study help?

- 1) Patients who are unsure what choices they have to treat their hip or knee pain
- 2) Patients who want help thinking through their goals and preferences for treatment
- 3) Orthopedic surgeons and clinic leadership who want to provide to patients evidence-based information about their treatment choices

How did we involve stakeholders?

We worked with researchers, surgeons and patients across Partners HealthCare to design and implement the study, including an orthopedic Patient Advisory Committee (PAC) made up of patients who have had a knee/hip replacement or spine surgery. They advised us on which research questions to explore and how to best recruit and engage study participants.