

The shared decision-making checklist

How can you prepare for the conversation about the choice of valve repair or replacement?

Think ahead and ask yourself what is important to you.

This will help your doctors consider the range of options and optimal choices for your treatment.

You may wish to ask yourself:

- What does my **lifestyle** look like now? Am I physically active? Do I work full time and am I the sole earner? What are my hobbies and things I like to do in my spare time? What does my weekly/monthly routine involve, and how flexible can I be with my commitments and interests?
- Do I have major **plans** or events coming up in the next 12 months for work, travel, family life (for example, starting a family), religious or cultural activities, or other interests?
- What kind of personal **commitment** am I willing to make to achieve the best possible outcome for the chosen treatment? What adjustments are easier to make and what would seriously reduce my quality of life? For example, would I find it easy to take daily medication for the rest of my life, or might that be difficult in reality?



Prepare questions that you may want to ask during the meeting with the heart team.

These could include:

- What are the different **options** for a valve replacement or repair (i.e. bioprosthetic/biological or mechanical valves, or catheter-based interventions) and what advantages and disadvantages might they have for me? What are the risks if I do nothing?
- What is the likely **impact** of the different options on my daily life? What precautions might I need to take, and what will I have to do to stay well (e.g. daily medication)?
- How long might it take me to **recover** from each type of treatment? How long will I have to stay in hospital? What might my recovery time depend on?
- How might the **timing** of the procedure impact on my daily life and planned activities, including time to recover?
- How long does each method of replacement/repair **last**? What would it mean for me if the valve needs to be replaced again in the future?

Your doctors cannot predict the future, but they can give you helpful answers based on what they know about you, evidence from clinical research and their experiences with other patients.



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