A Patient Guide to Shared Decision Making

Interstitial Lung Disease (ILD)

By now, you are being evaluated for possible ILD, or you have been diagnosed with it and are preparing for treatment. Either way, please remember that **you** are in control and have every right to ask your doctors and nurses questions about the road ahead. In fact, your medical team expects and *encourages* your questions. So don't hesitate. Ask away! There are no silly or trivial questions. Please know that **you** are the most important part of your health care team and need to be comfortable with the care you will receive. To help guide you in "shared decision making" with your clinicians, the following checklist may be helpful, but your questions don't have to be limited to these.

Part 1: Tests to Determine Your Condition Place a checkmark next to the questions that are the most impo	ortant to you.
 □ Why do I need this test? □ What might happen if the test is delayed or not done? □ How accurate is the test? □ How much does the test cost? □ Is there a less expensive test that might give the same information? □ What should be done to prepare for the test? □ Where will the test be done? 	 ☐ How long does the test take? ☐ How will I feel during the test? Is it painful? ☐ Will I need to arrange for someone to take me home after the test? ☐ What are the risks? ☐ What can the results show? ☐ After the test, what happens next? ☐ Do you have a brochure or recommended website for more information about the test?
Part 2: Treatment Options Place a checkmark next to the questions that are the most important to the process of the control o	ortant to you.
 □ What are my treatment options? □ How is each treatment done? □ Is doing nothing an option? □ What are the benefits and risks of each option? □ What is the goal of each option? Do they work on symptoms only or do they treat the underlying disease? □ What does the research say about the probability of success for each option in situations like mine? □ How will each treatment make me feel? 	 □ Are these treatments painful? □ Does the doctor who will initiate and monitor treatment have years of experience? □ How long will it take to recover? □ How will it affect my quality of life? □ When do I need to decide? □ Where can I find more information about each of these options? □ Is it okay to seek a second opinion before we begin treatment?
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