Shared Decision Making and the SHARE Approach

MS Conversation Starters to Invite Patient Participation

CME OUTFITTERS

The SHARE Approach to Shared Decision Making	MS Conversation Starters
STEP 1 **Seek** Your patient's participation	*Now that we have reviewed where your MS is today, let's decide what to do next, together.* *I want to go over all the options, so we can find a path that works for you.*
STEP 2 **Help** Your patient explore and compare treatment options	*What have you heard about MS and the treatments for it?* *When we compare MS disease-modifying therapies, we weigh effectiveness, safety risks, monitoring, and how each therapy fits your life.* *Let me list the options for treating your MS before we get into more detail about each of them.* *Could you tell me how you understand the treatment choices I've presented to you for your MS?*
STEP 3 **Assess** Your patient's values and preferences	*As you think about your options, what's important to you?* *Which matters most to you right now: maximum disease control, minimizing risk, or convenience?* *Which of these potential side effects worries you the most?* *Is there anything that may get in the way of doing this?*
STEP 4 **Reach** A decision with your patient	*It is fine to take more time to think about the treatment choices. Would you like some more time, or are you ready to decide?* *Are there other people you want to talk to in order to help you make this decision?*
STEP 5 **Evaluate** Your patient's decision	*Let's agree on what 'working' looks like for you and how we'll monitor your progress, and set a follow-up that matches the plan.* *If you don't feel things are going as expected, for example, you experience side effects or new symptoms, please schedule a follow-up visit so we can reassess quickly.*

Adapted from: Agency for Healthcare Research and Quality (AHRQ). The SHARE Approach—Essential Steps of Shared Decision Making: Expanded Reference Guide with Simple Conversation Starters (Workshop Curriculum: Tool 2). AHRQ website. www.ahrq.gov/shareddecisionmaking. Published April 2014. Accessed December 31, 2025.

Use these prompts to support shared decision-making when selecting and monitoring MS disease-modifying therapies (DMTs) across treatment classes.

IT TAKES A TEAM

Roles and Responsibilities for Optimizing Patient-centric Multidisciplinary MS Care

CME OUTFITTERS

Neurologist / MS Specialist

- Interprets medical history and neurologic exam
- Diagnoses and treats MS
- Guides DMT selection and monitoring

Pharmacist / Specialty Pharmacy Liaison

- Medication access and adherence support
- Reviews drug-drug interactions
- Supports safety monitoring requirements

Radiologist / Neuroradiologist

- Interprets lesion burden and activity on MRI
- Contributes to diagnosis and disease staging
- Assesses disease progression on MRI

Rehabilitation (PT/OT/Speech)

- Supportive care (mobility, fatigue, function)
- Rehabilitation and assistive strategies
- Optimizes independence and safety

MS Nurse / Clinical Nurse Specialist

- Supportive care and symptom management
- DMT education and administration training
- Coordinates monitoring and follow-up

Neuropsychology / Behavioral Health

- Cognitive screening and support
- Coping strategies and mental health support
- Addresses barriers to adherence

Variables evaluated during an MDT meeting

- Clinical history and neurologic exam
- MRI brain/spine findings
- Relapse history and recovery
- Disability trajectory and functional status
- Treatment history and adherence
- Safety risks (infection risk, vaccinations, comorbidities)
- Patient goals and patient-reported outcomes, preferences, and barriers to care
- Laboratory monitoring requirements

DMT = disease-modifying therapy; MRI = magnetic resonance imaging; MDT = multidisciplinary team; MS = multiple sclerosis; OT = occupational therapy; PT = physical therapy