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# Formative Research about Shared Decision Making in the Treatment of Opioid Use Disorder in Pregnant Women

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## BACKGROUND

- Shared Decision Making (SDM) is an evidence-based practice that involves a discussion between a health care professional and patient to reach a mutual agreed upon treatment plan. (1)
- A recent nationally-representative study indicates that only 39% of physicians use SDM for 50% or fewer Pregnant Women with Opioid Use Disorders (PWOUD). (2)
- Little is known about factors that affect SDM among PWOUD. This research project aimed to address this knowledge gap.

## OBJECTIVES

- To identify content related to Medication Assisted Treatment (MAT) for inclusion in a patient education tool
- To identify barriers and facilitators to SDM in the treatment of PWOUD
- To evaluate the receptivity of clinicians and doulas on the use of a decision counseling tool for SDM about MAT

## METHODS

- We performed a preliminary review of the literature in September 2021.
- Based on the review findings, we developed an educational brochure for use in SDM with PWOUD (3,4,5).
- The brochure was revised based on feedback from physicians and professional doulas (Figure 1).
- We also adapted an existing tool, the Jefferson Decision Counseling Guide © for facilitating SDM with PWOUD (Figure 2).
- Subsequently, we recruited clinicians and doulas (n=19) who care for PWOUD and conducted semi-structured interviews to obtain their perspectives on the educational brochure and the SDM process using the Jefferson Decision Counseling Guide ©.
- Additionally, we asked participants about factors affecting the use of SDM in the care of PWOUD.
- An interdisciplinary coding team performed a thematic analysis of the interview data using Nvivo software.

## SUMMARY OF FINDINGS

- Emergent themes related to the brochure include: 1) Suggested uses and settings of use, 2) Content revisions, and 3) Perceptions about the tool.
- Emergent themes on using SDM to support treatment decisions for PWOUD include: 1) Barriers, 2) Facilitators of SDM, and 3) Perceptions about the Decision Counseling Tool (Figure 3).
- Patient advocates and navigators did not typically discuss medication options with patients because it's beyond their purview.
- Future studies should explore the feasibility of pharmacists counseling on options of pharmacotherapy for opioid use disorder because of their expertise with drugs.
- Several challenges and opportunities for implementing SDM in the care of PWOUD exist.

Figure 1. Revised Version of a Tri Folding Brochure



Figure 3. Emergent Themes on using Shared Decision Making to Support Treatment Decisions for PWOUD

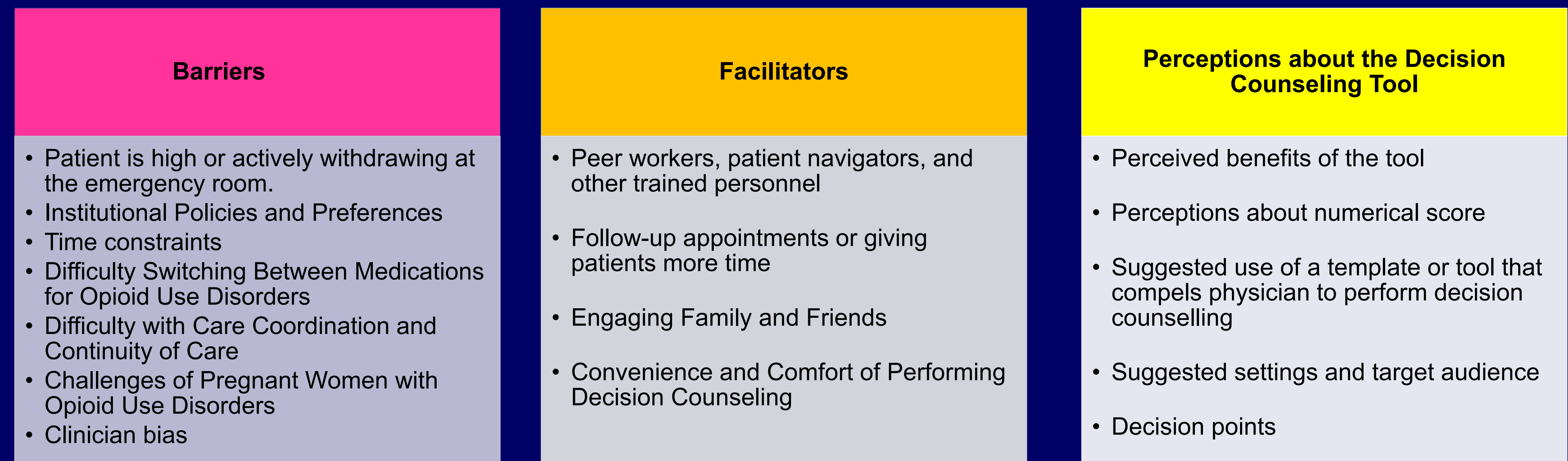
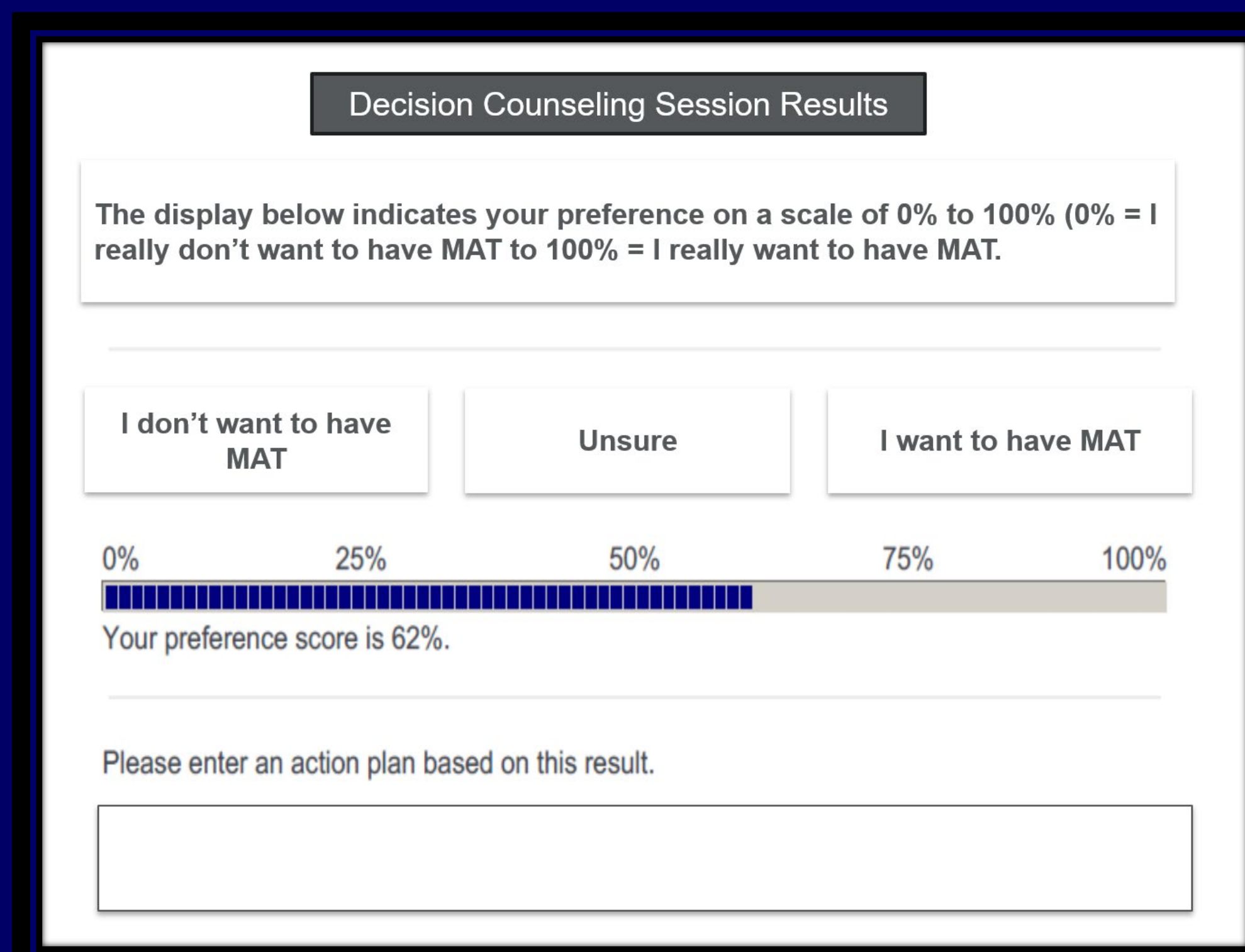


Figure 2. Decision Counseling Tool (Jefferson Decision Counseling Guide©)



## ACKNOWLEDGEMENT

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## CONTACT



## CONCLUSION

- This study provides valuable insights into the diverse settings and potential applications of an educational tool describing treatment options for PWOUD.
- There are several barriers and facilitators of SDM about initiating MAT for PWOUD which should be considered by stakeholders.
- Clinician and professional doulas are interested in using the Jefferson Decision Counseling Guide for SDM with PWOUD.

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