Making Healthcare Decisions

SPIN

How likely is it that this will happen?	How important is this to you?
1 = very unlikely	*1 = not important at all*
2 = somewhat unlikely	*2 = slightly important*
3 = neither likely nor unlikely	*3 = moderately important*
4 = somewhat likely	*4 = very important*
5 = very likely	*5 = extremely important*

Option 1:

Reasons to Choose this Option (Benefits/Advantages/Pros)

Reasons to Avoid this Option (Risks/Disadvantages/Cons)

Option 2:

Reasons to Choose this Option (Benefits/Advantages/Pros)

Reasons to Avoid this Option (Risks/Disadvantages/Cons)

Option 3:

Reasons to Choose this Option (Benefits/Advantages/Pros)

Reasons to Avoid this Option (Risks/Disadvantages/Cons)

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Decision-Making Checklist

☐ **I have enough information to make this decision**

Things I can do …

- Create a list of questions I have about the situation and each option
- Talk to my healthcare provider(s) to clarify the situation
- Find information from other sources, e.g. books, medical pamphlets, the Internet

☐ **I have weighed the potential benefits and risks of each option**

Things I can do …

- Discuss the potential benefits/risks of each option with my healthcare provider
- Talk to other people who have experienced some of the potential benefits or potential risks involved to better understand them
- Fill in and review my decision-making table

☐ **I have enough support to make this decision**

Things I can do …

- Discuss my decision with trusted family, friends, and healthcare professionals
- Check that I am not feeling pressured to make a certain decision
- Make sure I have the resources (e.g. funds, transport, childcare) to carry out my decision

☐ **I feel sure that I have chosen the best option for me**

Things I can do …

- Work through these steps again, focusing on my needs
- Give myself more time before committing to a decision

My decision is:

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