ABOUT THE DECISION AID

Healthy Bones: A Decision Aid for Women After Menopause

Program Information

- Overview
- Educational Content
- Target Audience
- Method of Participation
- Application of IPDAS Standards
- Disclaimer

- Acknowledgement of Support
- Production Release Date and Updating Policy
- BCM Development Team – Disclosure (Current Aid, 2012)
- OHSU Development Team – Disclosure (Original Aid, 2009)
- References and Evidence Sources

Overview

Women who have gone through menopause and may have osteoporosis are able to make more informed decisions about their options if they learn about the options in ways that are understandable. The patient decision aid entitled, "Healthy Bones: A Decision Aid for Women After Menopause," helps women think about what is important to them when deciding with their doctor how to keep their bones healthy. Patient decision aids, such as this one, are designed to support decisionmaking and patient involvement when making complex decisions.

Educational Content

This decision aid program was designed to better prepare women, who have gone through menopause and may have osteoporosis, for conversations with their doctor regarding available treatment options for keeping their bones healthy. The program covers the following information:

- How osteoporosis increases a woman's risk of breaking a bone.
- The dangers of breaking a bone.
- How and when a doctor will test for osteoporosis.
- Medicines that can lower a woman's risk of breaking a bone.

Target Audience

This patient decision aid is designed to meet the educational needs of English-speaking women who have gone through menopause and may have osteoporosis.

Method of Participation

The program content is presented as a series of modules using a variety of visual formats including animation, graphics, picture stills, and text. A printout may be obtained at the end of the Web-based tool that contains elements patients may use to discuss treatment options with their doctor and/or significant others.

Application of IPDAS Standards for Development of the Patient Decision Aid

The original version of the International Patient Decision Aid Standards (IPDAS) checklist was developed following the two-stage Delphi consensus process involving decision aid developers, researchers, practitioners, patients, and policymakers.

Different versions of the IDPAS standards have been developed since the original checklist was offered. The approach, used by the Ottawa Health Research Institute, was adopted by the John M. Eisenberg Center for Clinical Decisions and Communications Science at Baylor College of Medicine (EC-BCM) as quality standards for patient decision aids. Briefly, the Ottawa Health Research Institute identified an abbreviated set of criteria from the checklist, retaining only those criteria where the median importance rating was 9 on a 1 – 9 point scale (31 criteria total). In other words, only those criteria where complete agreement of the voting panel was achieved have been retained. This abbreviated version is listed below, organized by the following categories: content items (Table 1), development process items (Table 2), and effectiveness items (Table 3). The tables presented in the following pages include a checklist of these standards indicating whether components of the patient decision aid, "Healthy Bones: A Decision Aid for Women After Menopause," includes the criteria identified. In some instances, the standards are not applicable as indicated.

Table 1a. Abbreviated IPDAS Checklist: *Content Items*

IPDAS CHECKLIST CRITERIA		YES	NO	N/A	COMMENTS
CONTENT Does the patient decision aid provide information about the options in sufficient detail for decisionmaking?					
01	The decision aid describes the condition (health or other) related to the decision.	●			
02	The decision aid describes the decision that needs to be considered (the index decision).	●			
03	The decision aid lists the options (health care or other).	●			
04	The decision aid describes what happens in the natural course of the condition (health or other) if no action is taken.	●			
05	The decision aid has information about the procedures involved (e.g., what is done before, during, and after the health care option).	●			

Table 1b. Abbreviated IPDAS Checklist: *Content Items (continued)*

IPDAS CHECKLIST CRITERIA		YES	NO	N/A	COMMENTS
CONTENT *(continued)*					
06	The decision aid has information about the positive features of the options (e.g., benefits, advantages).	●			
07	The decision aid has information about negative features of the options (e.g., harms, side effects, disadvantages).	●			
08	The information about outcomes of options (positive and negative) includes the chances they may happen.	●			
09	The decision aid has information about what the test is designed to measure.			●	This is a treatment aid.
10	The decision aid describes possible next steps based on the test results.			●	This is a treatment aid.
11	The decision aid has information about the chances of disease being found with and without screening.			●	This is a treatment aid.
12	The decision aid has information about detection and treatment of disease that would never have caused problems if screening had not been done.			●	This is a treatment aid.
13	The decision aid presents probabilities using event rates in a defined group of people for a specified time.	●			
14	The decision aid compares probabilities (e.g., chance of a disease, benefit, harm, or side effect) of options using the same denominator.		●		Data on outcome probabilities directly comparing options are lacking.
15	The decision aid compares probabilities of options over the same period of time.		●		Data on outcome probabilities directly comparing options are lacking.
16	The decision aid uses the same scales in diagrams comparing options.	●			
17	The decision aid asks people to think about which positive and negative features of the options matter most to them.	●			
18	The decision aid makes it possible to compare the positive and negative features of the available options.	●			
19	The decision aid shows the negative and positive features of the options with equal detail.	●			

Table 2. Abbreviated IPDAS Checklist: *Development Process Items*

Healthy Bones: A Decision Aid for Women After Menopause

IPDAS CHECKLIST CRITERIA	YES	NO	N/A	COMMENTS
DEVELOPMENT PROCESS				
20 Users (people who previously faced the decision) were asked what they need to prepare them to discuss a specific decision.	●			
21 The decision aid was reviewed by people who previously faced the decision who were not involved in its development and field testing.	●			
22 People who were facing the decision field tested the decision aid.	●			
23 Field testing showed that the decision aid was acceptable to users (the general public and practitioners).	●			
24 Field testing showed that people who were undecided felt that the information was presented in a balanced way.	●			
25 The decision aid provides references to scientific evidence used.	●			References are included in this document.
26 The decision aid reports the date when it was last updated.	●			
27 The decision aid reports whether authors of the decision aid or their affiliations stand to gain or lose by choices people make after using the decision aid.	●			
28 The decision aid is understood by those with limited reading skills.	●			

Table 3. Abbreviated IPDAS Checklist: *Effectiveness Items*

IPDAS CHECKLIST CRITERIA	YES	NO	N/A	COMMENTS
EFFECTIVENESS				
29 There is evidence that the decision aid (or one based on the same template) helps people know about the available options and their features.			●	The aid's effectiveness has not yet been evaluated.
30 There is evidence that the decision aid (or one based on the same template) improves the match between the features that matter most to the informed person and the option that is chosen.			●	The aid's effectiveness has not yet been evaluated.

Disclaimer

The content provided in the patient decision aid does not replace the advice of a doctor. The Agency for Healthcare Research and Quality (AHRQ) makes every effort to have accurate information presented. The information provided in this program is intended for educational purposes only.

AHRQ is not responsible for how the information is used; that is, no warranty or liability is offered. Links are provided to other Internet sites only for the ease of users and does not constitute an endorsement. Once the user links to another site, he/she is subject to that site's terms and conditions.

All medical decisions should be made in consultation with a doctor.

Acknowledgement of Support

This patient decision aid is supported by a contract, HHSA290200810015C, from the Agency for Healthcare Research and Quality.

Production Release Date and Updating Policy

The release of this patient decision aid is scheduled for May 16, 2012.

Updating of this aid will coincide with updates to the Comparative Effectiveness Review that serves as the primary evidence source and other supporting evidence provided by AHRQ's Effective Health Care Program. The timing of updates will be determined by AHRQ.

BCM Development Team – Disclosure (Current Aid, 2011)

The content and design of the current patient decision aid entitled, *Healthy Bones: A Decision Aid for Women After Menopause*, was developed by a team of experts at AHRQ's John M. Eisenberg Center for Clinical Decisions and Communications Science at Baylor College of Medicine (BCM) (Houston, Texas) in collaboration with a subcontracted team of experts at the University of Texas MD Anderson Cancer Center (Houston, Texas). This work was informed by the previous efforts of faculty and staff at the Oregon Health and Science University (OHSU) (Portland, Oregon) who had developed an unpublished decision aid on low bone density.

AHRQ must assure balance, independence, objectivity, and scientific rigor in all of its sponsored educational activities and programs. Thus, all individuals who participate in sponsored activities, including members of expert content committees, are expected to disclose any significant relationships that may pose a conflict with the principles of balance and independence.

Disclosure: Nothing to disclose.

Leads

Robert J. Volk, PhD
Professor, Department of General Internal Medicine, Division of Internal Medicine
The University of Texas MD Anderson Cancer Center, Houston, Texas
Director, Communication and Decision Support Research Core
John M. Eisenberg Center for Clinical Decisions and Communications Science
Baylor College of Medicine, Houston, Texas

Michael Fordis, MD
Director, Center for Collaborative and Interactive Technologies
Director, John M. Eisenberg Center for Clinical Decisions and Communications Science
Senior Associate Dean for Continuing Medical Education
Baylor College of Medicine, Houston, Texas

Project Management Team

Ying Yeung, MHA
Associate Director, Center for Collaborative and Interactive Technologies
Associate Director, John M. Eisenberg Center for Clinical Decisions and Communications Science
Assistant Professor, School of Allied Health Sciences
Baylor College of Medicine, Houston, Texas

Daniel Doyle, MS
Lead Project Manager, John M. Eisenberg Center for Clinical Decisions and Communications Science
Baylor College of Medicine, Houston, Texas

Bonnie Nelson, MEd
Project Manager, Development and Testing
Department of General Internal Medicine, Division of Internal Medicine
The University of Texas MD Anderson Cancer Center, Houston, Texas

Viola B. Leal, MPH
Project Coordinator, Development and Testing
Department of General Internal Medicine, Division of Internal Medicine
The University of Texas MD Anderson Cancer Center, Houston, Texas

Smita Saraykar, MBBS, MPH
Project Coordinator, Development and Testing
Department of General Internal Medicine, Division of Internal Medicine
The University of Texas MD Anderson Cancer Center, Houston, Texas

Writing/Editing Team

Emily White, MS
Medical Writer
John M. Eisenberg Center for Clinical Decisions and Communications Science
Baylor College of Medicine, Houston, Texas

Thomas Workman, PhD
Production Section Head
Assistant Professor, School of Allied Health Sciences
John M. Eisenberg Center for Clinical Decisions and Communications Science
Baylor College of Medicine, Houston, Texas

Pamela Paradis Metoyer, ELS(D)
Medical Editor
Center for Collaborative and Interactive Technologies
John M. Eisenberg Center for Clinical Decisions and Communications Science
Baylor College of Medicine, Houston, Texas

Decision Design Team

Scott Cantor, PhD
Associate Professor, Department of Biostatistics
The University of Texas MD Anderson Cancer Center, Houston, Texas

Maria Jibaja-Weiss, EdD
Associate Professor, School of Allied Health Sciences
Baylor College of Medicine, Houston, Texas

Michael Kallen, PhD, MPH
Assistant Professor, Department of General Internal Medicine, Division of Internal Medicine
The University of Texas MD Anderson Cancer Center, Houston, Texas

Richard L. Street, PhD
Professor and Head, Department of Communication
Texas A&M University, College Station, Texas
Assistant Professor of Medicine
Baylor College of Medicine, Houston, Texas

Ali Zalpour, PharmD, BCPS
Clinical Pharmacy Specialist
Department of General Internal Medicine, Division of Internal Medicine
The University of Texas MD Anderson Cancer Center, Houston, Texas

Web Development and Design Team

Doug Alexander
Lead Designer and Information Architect
Center for Collaborative and Interactive Technologies
John M. Eisenberg Center for Clinical Decisions and Communications Science
Baylor College of Medicine, Houston, Texas

Andy Nystrom
Designer
John M. Eisenberg Center for Clinical Decisions and Communications Science
Baylor College of Medicine, Houston, Texas

Medical Content Expert

Angeles Lopez-Olivo, MD, PhD
Instructor, Department of General Internal Medicine, Division of Internal Medicine
The University of Texas MD Anderson Cancer Center, Houston, Texas

OHSU Development Team – Disclosure (Original Aid, 2009)

The content and design of the unpublished patient decision aid entitled, *Knowing Your Options: A Decision Aid for Women After Menopause*, was developed by a team of experts at the Oregon Health and Science University (Portland, Oregon).

Disclosure: Nothing to disclose.

OHSU Team

David Hickam, MD, MPH
Professor, Department of Medicine
Oregon Health and Science University, Portland, Oregon

Karen Eden, PhD
Associate Professor, Department of Medical Informatics and Clinical Epidemiology
Oregon Health and Science University, Portland, Oregon

Poonam Sharma
Graduate Teaching Assistant
Oregon Health and Science University, Portland, Oregon

References and Evidence Sources

Information about drug administration and possible adverse events were gathered from the Web sites of the National Center for Biotechnology Information (http://www.ncbi.nlm.nih.gov/pubmedhealth/s/drugs_and_supplements/a/) and the U.S. Food and Drug Administration (http://www.fda.gov/Drugs/default.htm).

MacLean C, Alexander A, Carter J, et al. Comparative Effectiveness of Treatments To Prevent Factures in Men and Women With Low Bone Density or Osteoporosis. Comparative Effectiveness Review No. 12 (Prepared by Southern California/RAND Evidence-based Practice Center under Contract No. 290-02-0003). Rockville, MD: Agency for Healthcare Research and Quality; December 2007. AHRQ Publication No. 08-EHC008-EF. Available at: http://www.effectivehealthcare.ahrq.gov/ehc/products/8/71/LowBoneDensityFinal.pdf.

Nelson HD, Haney EM, Chou R, et al. Screening for Osteoporosis: Systematic Review to Update the 2002 U.S. Preventive Services Task Force Recommendation. Evidence Synthesis No. 77 (Prepared by Oregon Evidence-based Practice Center under Contract No. HHSA-290-2007-10057-I-EPC3). Rockville, MD: Agency for Healthcare Research and Quality; July 2010. AHRQ Publication No. 10-05145-EF-1. Available at: http://www.ncbi.nlm.nih.gov/books/NBK45201/pdf/TOC.pdf.

Newberry S, Shekelle P, Crandall C, et al. Comparative Effectiveness of Treatments To Prevent Fractures in Men and Women With Low Bone Density or Osteoporosis—An Update of the 2007 Report. Comparative Effectiveness Review No. 53 (Prepared by Southern California Evidence-based Practice Center under Contract No. HHSA 290-2007-10062-I for the Agency for Healthcare Research and Quality, March 2012. AHRQ Publication No. 12-EHC023-3. Research protocol available at: www.effectivehealthcare.ahrq.gov/lbd.cfm.

O'Connor AM, Llewellyn-Thomas H, Stacey D, eds, for the International Patient Decision Aid Standards (IPDAS) Collaboration. IPDAS Collaboration Background Document. Cardiff, Wales, United Kingdom: University of Cardiff; February 2005. Available at: http://www.ipdas.ohri.ca/IPDAS_Background.pdf. Accessed May 3, 2012.