

Using and Refusing Medical Interventions

_____ recommended for _____
 (Intervention/treatment) (Problem)

Assess the problem	A	B	C
Is the problem rare?	No	Yes	Unclear
Is the problem serious?	Yes	No	Unclear
Is the problem happening right now?	Yes	No	Unclear
Could you easily treat the problem if it did happen?	No	Yes	Unclear

Assess the intervention	A	B	C
Does the intervention have adverse side effects?	No	Yes	Unclear
Are the adverse side effects of the intervention common?	No	Yes	Unclear
Is the intervention effective (does it have a low number needed to treat score)?	Yes	No	Unclear

Reflect on your health status and values	A	B	C
Do I have health factors that put me at increased risk for having this problem?	Yes	No	Unclear
On the naturalist vs technologist spectrum, I lean towards	Technology	Nature	Neutral
On the minimalist vs maximalist spectrum, I lean towards	Maximum	Minimum	Neutral
On the doubter vs believer spectrum, I leans towards	Believer	Doubter	Neutral

Tally number circled in each column =			
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Highest score: _____
 (Column A, B or C?)

If **Column A** has the highest score, more elements lean towards using the intervention.

If **Column B** has the highest score, more elements lean against using the intervention.

If **Column C** has the highest score, you might consider waiting or gathering more information.

Clarifying questions to gather more information

Could you tell me more about the problem?

Why are you recommending this intervention for me?

Is my current health status the main reason for this recommendation or do you routinely suggest this to all patients at this time in their pregnancy?

What are my treatment options?

What happens if I wait?

If I wait, what is the likelihood of the problem happening?

Is there a chance we are over-treating by acting now?

Assess the problem

(What is the problem?)

- Is the problem rare?
- Is the problem serious?
- Is the problem happening right now?
- Could you easily treat the problem if it did happen?

Assess the intervention

(What is the Intervention?)

- Does the intervention have adverse side effects?
- Are the adverse side effects common?
- Is the intervention effective (does it have a low NNT)?

Your decision is:

Because:

Reflect on your health status & values

- Do you have health factors that put you at increased risk for having this problem?
- Is your current health the reason for this recommendation?
- Do you lean towards technology and medicine or nature and time?
- Are you a minimalist or a maximalist?
- Are you a doubter or a believer?

What else?

- Could you tell me more about the problem?
- Why are you recommending this intervention for me?
- What are my treatment options?
- What happens if I wait?
- If I wait, what is the likelihood of the problem happening?
- Is there a chance we are over-treating by acting now?

(What is your medical mindset?)

(What else do you need to know?)