



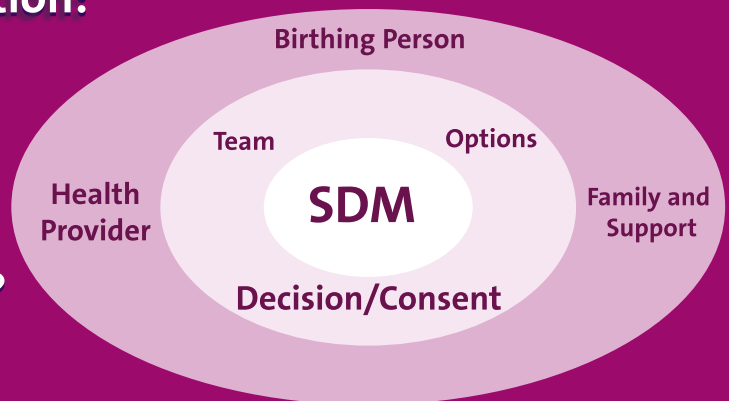
# Shared Decision Making for Respectful Maternal Care

## What is Shared Decision Making?

Shared Decision Making is a collaborative, informed, and patient-centered approach. Through teamwork, the health providers and patients discuss all available options, their benefits and risks, bearing in mind the patient's values and priorities, to create and consent to a treatment plan.

## Shared Decision Making Equation:

1. A supportive birth TEAM
2. Knowledge is power; study and research your OPTIONS.
3. Discuss your DECISION



## Why Shared Decision Making?

- Empowered and Positive births
- Informed and confident decisions
- Improved health outcomes for the whole family

## Tips for Shared Decision Making

Birthing Person	Health Provider	Family and Support
Choose a supportive medical team that aligns with your goals and values.	Listen to all the fears and address concerns without stigma.	Learn and prepare together! Attend prenatal appointments and childbirth education classes with them
Knowledge is power; know your options. Take a childbirth education class and prepare a birth plan	Respect and remind the patient of their rights, protect their privacy, and never breach confidentiality	Make sure the birthing person feels comfortable to ask all their questions, no matter how many, to fully understand their options, benefits, and risks.
Actively participate and ask questions, discuss your decision and reasons, and give your informed consent before any procedure	Explain any procedure clearly, provide all necessary information unbiasedly, and discuss the patient's preferences and options.	Study the birth plan and advocate for these priorities during pregnancy and birth