



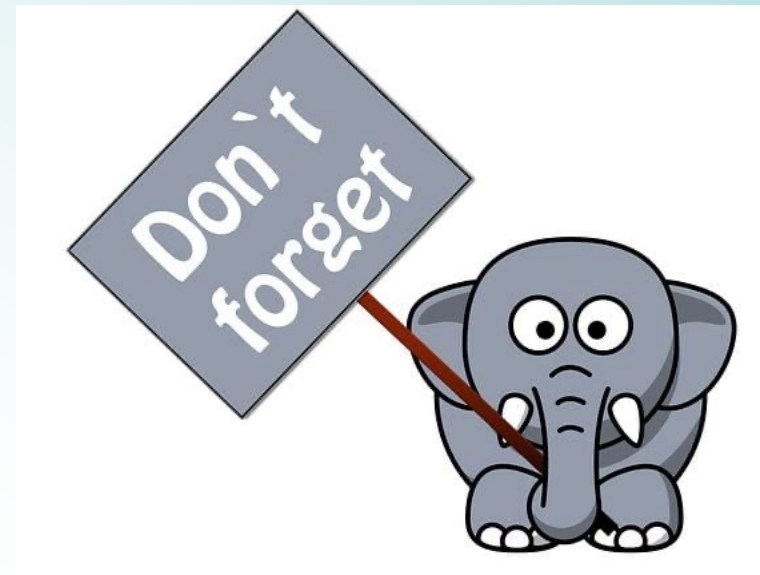
# Not all decisions are equal

The need for continued cognitive testing in  
decision quality research

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A reminder about the  
importance of cognitive  
testing.



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# Shared Decision Making

Discussion between patient & provider designed to make the best health care decision that aligns with what matters most to the patient

- Treatment options
- Pros/Benefits
- Cons/Risks
- Preferences



Decision	To have surgery for herniated disc or not
Options for condition	Surgery, cortisone shots, pain medicines, exercise, acupuncture
Pros (reasons to have/do)	Relieve pain quickly, no long-term meds
Cons (reasons not to have/do)	Complications, risk of surgery, recovery time
Preferences	Desire not to have a long recovery, not to have limited mobility, avoid prescription meds



# Examples of surgical interventions we've written SDM questions about

- Hip & Knee Replacement Surgery
- Herniated Disc Repair
- Coronary Artery Disease – stent & bypass
- Lumpectomy
- Mastectomy
- Breast Reconstruction Surgery
- Prostate Cancer Surgery



# Current Project

- Ask about common medical decisions not as clear cut as surgery
- Chronic conditions
  - Starting medication for High Blood Pressure
  - Starting medication for High Cholesterol
  - Starting medication or counseling for Depression
- Screening Tests
  - Colorectal Cancer (colonoscopy/stool-based tests)
  - Breast Cancer (Mammograms)
  - Prostate Cancer (PSA tests)



# Cognitive Testing

Talked to 10 respondents about 20 conditions

<b>Gender:</b>	6 Women 4 Men
<b>Age Range:</b>	34 - 59
<b>Education</b>	High School Graduate/GED: 2 Some College: 3 4-year college graduate: 4 4-year college degree or more: 1





# Cognitive Testing – Topics

Clinical topic	#
Depression	2
Statins	2
High Blood Pressure Meds	3
Mammograms	5
CRC screening	4
PSA	4



# What did we ask about?

- Were options discussed
- Reasons to have/Reasons not to have  
(Downsides, Complications)
- Whether asked about preference
- Worries and concerns about  
(test/intervention)
- Knowing what was involved with  
(test/intervention)



# What did we learn?

- Respondents tried to fit their experience to our questions
  - ... have any of your health care providers asked whether or not you wanted to have a mammogram?
    - Yes (talked about when I should schedule it)
- Respondents answered about what they thought we wanted to know about
  - ... how much did you and your health care providers talk about your concerns or worries about having a colonoscopy?
    - “A little” (because I didn’t have cancer)



# What did we learn? (2)

- Some Qs worked for one condition didn't work for all
  - ... talk about what was involved in having a colonoscopy?
  - ... talk about what was involved in taking statins?
  - ... talk about what was involved in counseling?
- Sometimes there isn't a clear decision point
  - Hard to figure out how much you talked if you had ongoing discussions
  - If the decision (and discussion) happened earlier how should you respond
- Not everyone sees NOT doing something as a decision



# What did we learn? (3)

- Not all medical decisions are viewed the same way by patients – context matters
- Even with a template that has been used thousands of times, if you are changing or adding something new, consider testing it again
- Remember: You can't just grab questions off the shelf!



... and, of course,  
cognitive testing is important!

Thank you

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