



Additional Resources for Hard Call: The Electronic Heart

Episode Two

[Rise Above Heart Failure](#): Are you or a loved one experiencing heart failure and looking for help? The American Heart Association offers free, multilingual and downloadable resources regarding the symptoms, treatment and causes of heart failure as well as tips to living better. The site also provides links to community events and an online [support network](#).

Call the American Heart Association 24/7 for information on heart health and support groups at 1-800-242-8721.

[MyHealthFinder- Heart Health](#): Looking for resources on how to stay healthy? The US Department of Health and Human Service's Heart Health page offers tips on reducing risks of heart disease, healthy eating suggestions and conversation starters if you or a loved one have heart disease.

To learn more about shared decision making, and factors that affect decision making :

- [Letting Doctors Make the Tough Decisions](#) — In this New York Times article, Pauline W. Chen, M.D., discusses the ambiguous balance between physician paternalism and patient autonomy, and questions the extent to which it's appropriate for physicians to force patients or family members to make significant medical decisions.
- [Making Health Decisions: Mindsets, Numbers, and Stories](#) — In this Harvard Health Blog post, Lloyd Resnick discusses three basic influences that drive medical decisions: patients' mindsets, numbers (medical data and how it is presented), and stories.
- [To Treat or Not to Treat: Making the Tough Medical Decisions with Patients](#) — Dr. Terri Fried, professor of geriatrics at Yale School of Medicine, explores the issue of shared decision making in this brief Q&A.
- [Shared Decision Making Fact Sheet](#) — This brief fact sheet from the National Learning Consortium explains what shared decision making is and why it is important, giving tips for effective decision making and discussion between physicians and patients.
- [Caregivers of LVAD Patients Face Huge Challenges](#) — While LVAD technology can improve quality of life substantially for some patients, LVADs also can pose significant financial, emotional, and physical burdens for caregivers. This ACH Media article summarizes a research report that explored the costs and benefits of LVAD treatments from the point of view of caregivers.



HARD CALL

- [Doctor Patient Relationships](#) — Paul Walker, M.D. Ph.D. of Philosophy Now discusses some philosophical dilemmas that underlie doctor-patient relationships. He describes three different frameworks for these relationships, with varying levels of beneficence and autonomy.
- [Beyond Costs and Benefits: Understanding How Patients Make Health Care Decisions](#) — The Oncologist. 2009. By Peter A. Ubel, MD. A leading researcher into how patients and doctors make decisions explains why and how medical decisions aren't just based on costs and benefits, instead they are often influenced by subtle contextual factors as well as powerful intuitive and emotional factors.
- [Rethinking the Social History](#) — The New England Journal of Medicine. 2014. 371:1277-1279. By Heidi L. Behforouz, M.D., Paul K. Drain, M.D., M.P.H., and Joseph J. Rhatigan, M.D. Research has established that demographic factors including race, ethnicity and occupation can affect health outcomes. But other social factors, such as access to transportation, availability of time, and ability to afford medications, can influence outcomes even more. This article emphasizes the importance of social factors in physician decision making, and how they can better understand and assess these factors.
- [Rant: Shared Decision Making in Medicine](#) — Most health professionals and patients agree that patients should be informed and involved regarding medical decisions which will effect what happens to their own lives and bodies. In this Psychology Today article, Peter Ubel, MD talks about shared decision making in patient care. Does it really happen and what are the communication barriers health professionals need to overcome to truly involve patients in their own healthcare?