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# Ready for shared decision making - evaluating a train-the-trainer module to facilitate the implementation of shared decision making in Norway

**Submission date**
24/03/2020

**Recruitment status**
No longer recruiting

**Registration date**
25/03/2020

**Overall study status**
Completed

**Last Edited**
05/05/2021

**Condition category**
Other

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

**Plain English summary of protocol**
Background and study aims
Despite strong international advocacy for shared decision making (SDM) and increasing implementation efforts, it has not yet been routinely adopted in most of the decisions, where alternatives exist. To implement SDM, there is a need for both training modules with proven efficacy and strategies to distribute them and make them part of the routines in the health system. In Norway, researchers have developed “Ready for SDM”, a comprehensive curriculum tailored to various HCP, settings, and levels. The interprofessional SDM training module has proven feasible and efficient in previous studies. The aim of this study is to evaluate a corresponding train-the-trainer module aiming at facilitating use of the latter in clinical practice in Norway.

Who can participate?
Healthcare professionals working within the South-Eastern Norway Regional Health Authority

What does the study involve?
The intervention includes a 3-day SDM train-the-trainer program for healthcare professionals located at different hospital Trusts within the South-Eastern Norway Regional Health Authority. Using a self-administered questionnaire, demographic data and the secondary endpoints are assessed immediately after the training. Three months after the course the number of SDM trainings carried out by the participants and the number of trainees trained will be evaluated.

What are the possible benefits and risks of participating?
Participants taking part in this study may benefit from increased knowledge and skills in SDM and teaching SDM. Furthermore, it may have future benefits, as the results of the study are likely to influence the implementation of SDM in Norway. If the initiative fails or is perceived as either irrelevant or too challenging, attitudes towards SDM and its implementation might impede future attempts.

Where is the study run from?
South-Eastern Norway Regional Health Authority

When is the study starting and how long is it expected to run for?
January 2018 to September 2020

Who is funding the study?
1. South-Eastern Norway Regional Health Authority
2. Northern Norway Regional Health Authority

Who is the main contact?
Simone Kienlin
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# Contact information

### Type(s)
Scientific

### Contact name
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# Additional identifiers

### Protocol serial number
19/00754

# Study information

### Scientific Title
Evaluating a train-the-trainer program to facilitate implementation of shared decision making in Norway

### Acronym
Ready for SDM – TTT

### Study objectives
The train-the trainer workshop facilitates implementation of “Ready for SDM” in clinical practice.

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Approved 06/09/2019, ethics committee at the South-Eastern Norway Regional Health Authority (Heidi Thorstensen, Postbox 403, 2303 Hamar, Norway; Switchboard: 02411; postmottak@helse-sorost.no), ref: 19/00754

## Primary study design
Observational

## Study design
Observational study using the Kirkpatrick Modell (2016) as orientation in choosing outcome parameters

## Study type(s)
Other

## Health condition(s) or problem(s) studied
Shared decison making

## Interventions
Intervention: A 3-day train-the-trainer workshop addressing healthcare professionals, comprising:
Day 1: Introduction, dissemination of learning objectives, a two-hour SDM training, several exercises and group reflections, such as a behaviour change technique to overcome barriers towards SDM.
Day 2 and 3: Participants practice applying quality criteria for SDM. The MAPPIN´SDM observer instrument is used for judging clinical consultations regarding patient involvement.
At the end of day 3, an online platform hosting a toolkit and information is presented and the participants are given access.

Learning objectives:
1. Be able to conduct the 2-hour “Ready for SDM” module (comprising basic SDM lecture and an interactive part using videos of clinical consultations)
2. Be able to define the quality criteria for SDM
3. Be able to judge decision consultations, (using SDM quality criteria)
4. Be able to provide feedback on quality of patient involvement

## Intervention Type
Behavioural

## Primary outcome(s)
Number of SDM trainings carried out by the participants and the number of trainees trained, measured using a questionnaire based on an email request at 3 months post intervention (TTT workshop)

## Key secondary outcome(s)
Assessed immediately after the course:
1. Observation competence assessed using the observer-based instrument MAPPIN-O of the “multifocal approach to the ‘sharing’ in shared decision-making” (MAPPIN) inventory, applied to

a test video. The observer instrument assesses the extent and quality of patient involvement in HCP -patient consultations. Accuracy is calculated using weighted T coefficients calculated pairwise between participants' judgements and an expert standard rating.
2. Reaction and learning assessed using a self-administered questionnaire containing three free text questions and 13 questions in a Likert scale format

### Completion date
09/09/2020

## Eligibility

### Key inclusion criteria
Participants from all health trusts (HF) of the region will be recruited consecutively, based on an invitation by the South-Eastern Regional Health Authority

### Participant type(s)
Health professional

### Healthy volunteers allowed
No

### Age group
Adult

### Sex
All

### Total final enrolment
29

### Key exclusion criteria
Those without occasion to give SDM courses

### Date of first enrolment
01/01/2018

### Date of final enrolment
09/01/2020

## Locations

### Countries of recruitment
Norway

### Study participating centre
**Helse Sør-Øst**
Parkgata 36
Hamar

Norway
2317

# Sponsor information

**Organisation**
University Hospital of North Norway

# Funder(s)

**Funder type**
Government

**Funder Name**
Helse Sør-Øst RHF

**Alternative Name(s)**
South-Eastern Norway Regional Health Authority, Southern and Eastern Norway Regional Health Authority, helsesorost, Helse Sør-Øst RHF, helse-sor-ost-rhf, HSØ RHF - South-Eastern Norway Regional Health Authority, sorost

**Funding Body Type**
Government organisation

**Funding Body Subtype**
National government

**Location**
Norway

**Funder Name**
Helse Nord RHF

**Alternative Name(s)**
Northern Norway Regional Health Authority

**Funding Body Type**
Government organisation

**Funding Body Subtype**
Local government

### Location
Norway

# Results and Publications

### Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study are/will be available upon request from Simone Kienlin (simone.kienlin@helse-sorost.no).
Type of data: qualitative and quantitative data.
Available after publishing around 01/12/2020 until 2025.
Access criteria: according to the ethical approval data can be shared only with researchers and purposes associated with the “Ready for SDM” project.

### IPD sharing plan summary
Available on request

### Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| Results article | | 30/04/2021 | 05/05/2021 | Yes | No |