

Evidence-informed treatment choices

Connect Treatment Evidence With This Person

Clinicians | 10 to 15 minutes

A treatment choice needs more than a familiar label. Use a deidentified example and one proposed approach. Consider what evidence supports its use for the presenting concern, whether you can deliver it competently, and how the person's goals and circumstances affect fit.

Use current primary guidance for the actual concern. Record uncertainties and prepare questions for shared decision-making or consultation.

Check the claim

Identify the target problem and intended outcome. Separate evidence for the named treatment from assumptions about a technique or worksheet. Note where population, setting, delivery format, or comorbidity differs from the evidence you reviewed.

Discuss fit and alternatives

Explain expected work, likely burdens, available alternatives, and important uncertainties in accessible language. Ask what matters to the person. Choose a review point and clarify how a lack of benefit or an unwanted effect would change the plan.

1. What specific concern and person-defined outcome are we addressing?**2. What current evidence supports this option, and where is fit uncertain?****3. What preferences, access needs, burdens, or competence limits affect the choice?****4. What will we discuss, consult about, and review before continuing?****Clinical use and adaptation**

Use current condition-specific guidelines and qualified consultation. Do not infer treatment efficacy from this library or a citation list. Document actual discussion and uncertainty, including disagreement. Address urgent clinical needs first; verify scope, training, consent, and applicable requirements separately.