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Informed Decision Making in Men's Health
LEARNING COLLABORATIVE

Learning Session 3

Assessing Men's Education and Decision Support for Sexual Health and Prostate Conditions

Thursday, November 19, 2026

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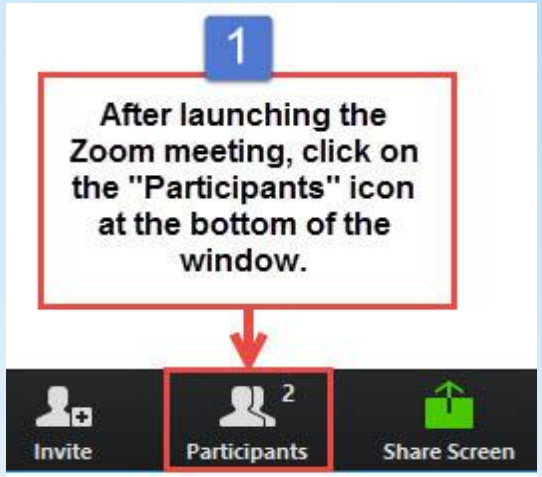
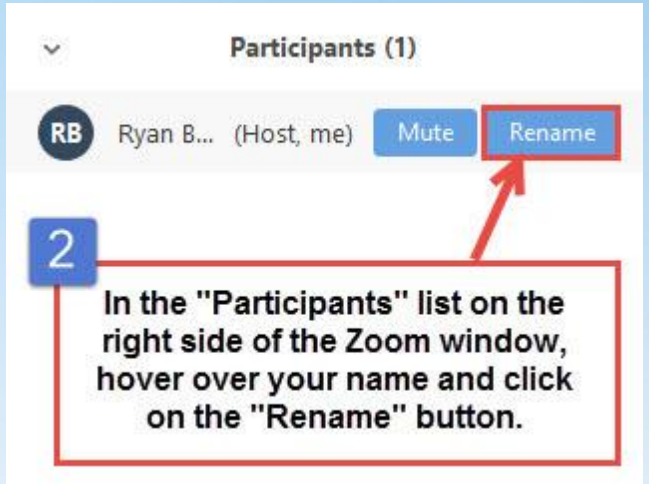
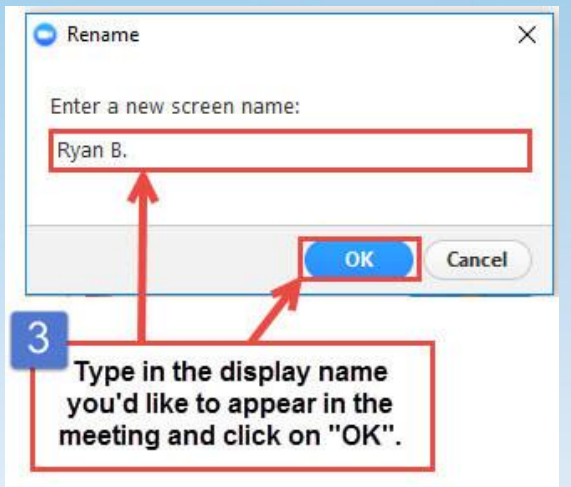
- Please keep yourself on MUTE to avoid background/distracting sounds
- Use the CHAT function or UNMUTE to ask questions or make comments
- Please change your participant name to your full name and organization: "Meaghan Angers CHCI"







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- This activity is supported by a grant from Novartis.

Learning Collaborative Cohort

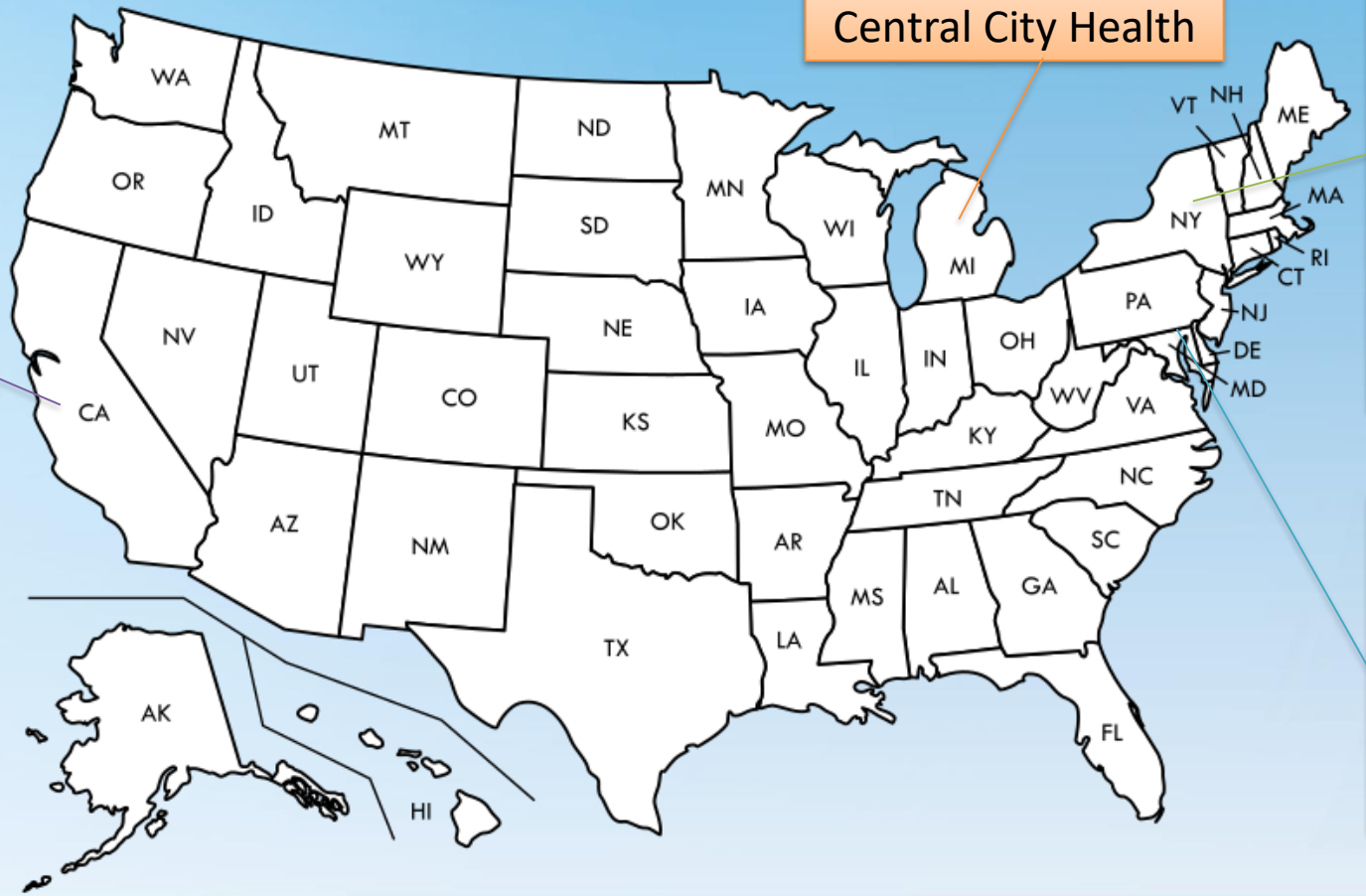
Los Angeles
Clínica Monseñor Oscar A. Romero

Family Health Care Centers of Greater Los Angeles, Inc. (FHCCGLA)

Southern California Medical Center

Valley Community Healthcare

Detroit
Central City Health



New York City
BMS Family Health and Wellness Centers

Morris Heights Health Center, Inc.

Urban Health Plan, Inc.

Baltimore
The Levi Watkins Jr. Outpatient Center at Johns Hopkins

Session 3 Agenda

- **2:30-2:35pm** Welcome
- **2:35-2:50pm** Assessing Current Prostate and Sexual Health Education Practices
- **2:50-3:10pm** Breakout Groups & Report Out
- **3:10-3:25pm** Selecting a Focus Area for Improvement
- **3:25-3:30pm** Q/A and Wrap-Up

Assessing Current Prostate and Sexual Health Education Practices

Informed Decision Making and Equity in Men's Health Learning Collaborative

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November 19, 2026



WAYNE STATE
School of Medicine

From Informed Decision-Making to Everyday Practice

Informed decision-making requires more than providing information.



How consistently are these elements supported in everyday practice?

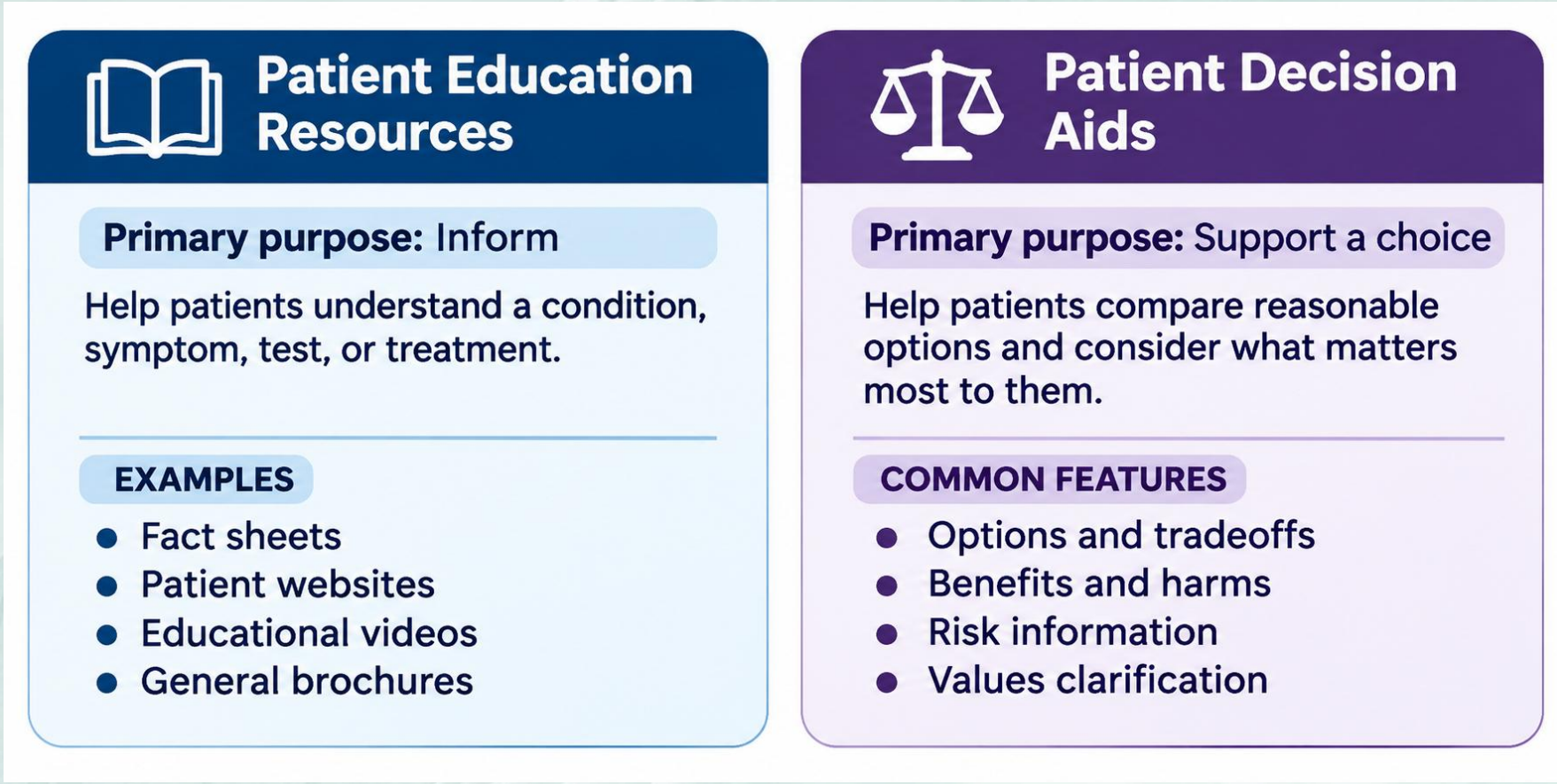
Prostate and Sexual Health: Different Concerns, Shared Needs

Clinical concern	Patient education and decision-support needs
Prostate cancer screening	Understanding PSA testing, potential benefits and harms, and personal preferences
Prostate cancer treatment	Active surveillance versus treatment; understanding options, side effects, and quality-of-life tradeoffs
Benign prostatic hyperplasia (BPH)/enlarged prostate	Watchful waiting, medications, or procedures; balancing urinary symptom relief with potential side effects
Sexual health concerns	Discussing erectile dysfunction, sexual function, and treatment options; addressing concerns about intimacy and quality of life

What Effective Patient Education and Decision Support Look Like

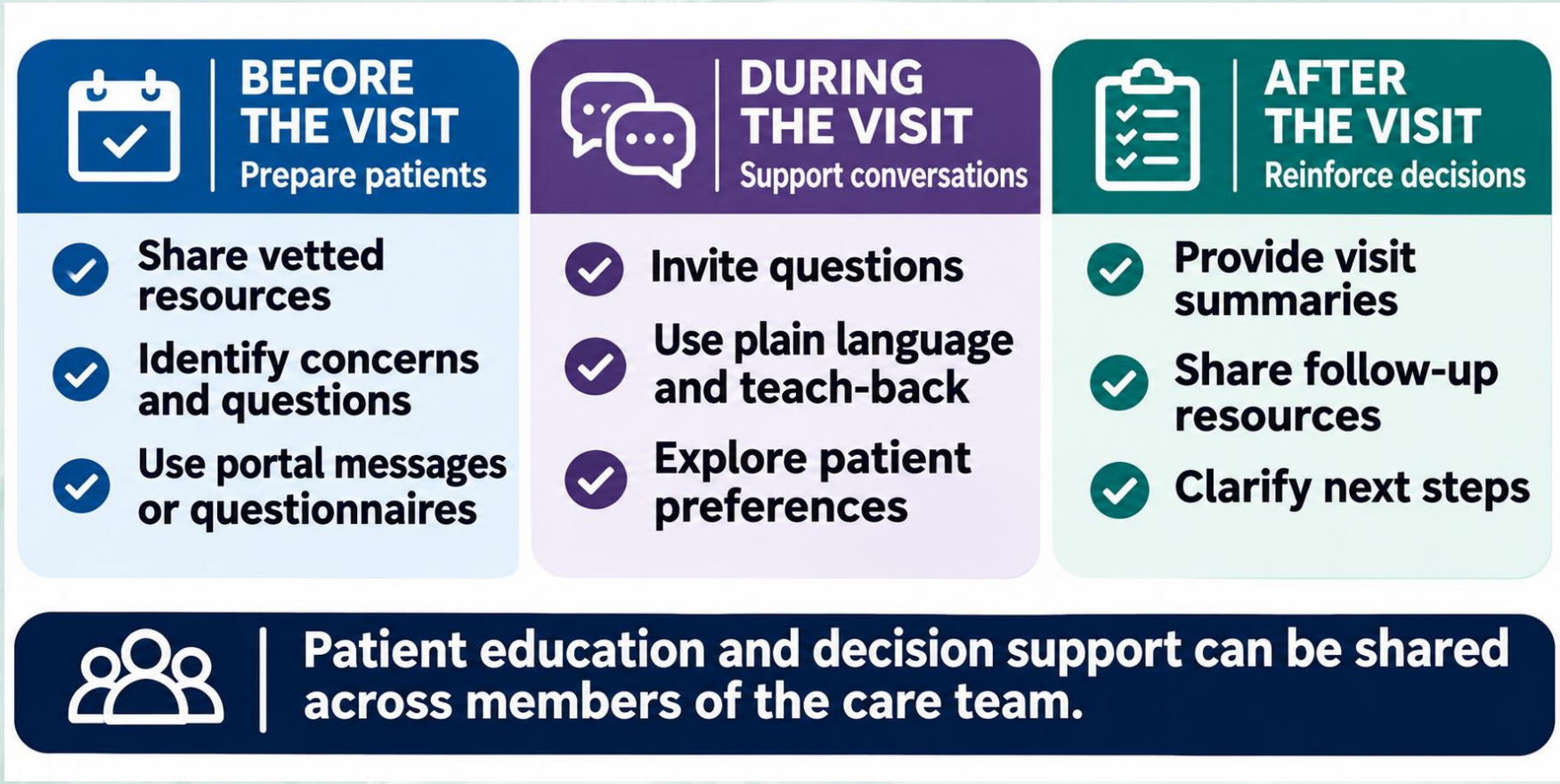
- **Accessible:** Information is available in formats and languages patients can use.
- **Understandable:** Plain language, visuals, and manageable amounts of information.
- **Balanced:** Benefits, harms, alternatives, and uncertainty are communicated.
- **Interactive:** Patients can ask questions and clarify misunderstandings.
- **Preference-sensitive:** Decisions reflect patients' values and priorities.

Patient Education Resources vs. Patient Decision Aids



Both are valuable. A decision aid goes beyond general education to support a specific healthcare decision.

Practical Strategies Across the Care Team



Finding and Selecting Reliable Patient Resources

Resource	How it can help
MedlinePlus	General health information and guidance for evaluating online sources
Urology Care Foundation	Prostate, urinary, and sexual health education
Prostate Cancer Foundation	Prostate cancer patient education
Ottawa Decision Aid Inventory	Locate decision aids for specific healthcare choices
AHRQ Health Literacy Toolkit	Improve communication and the usability of educational materials

Common Barriers in Busy Health Centers

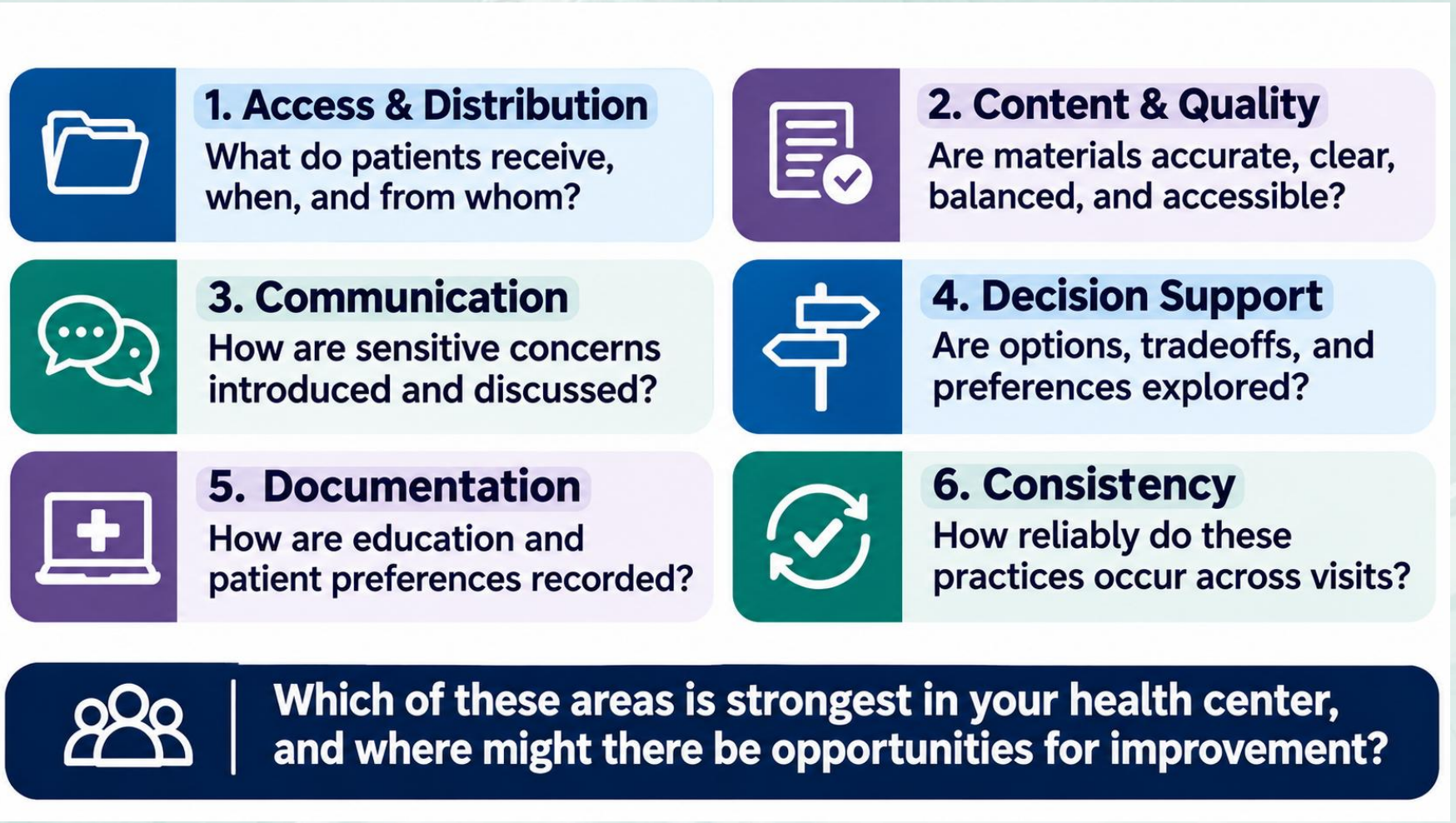
Patient-level challenges

- Limited health literacy or digital access
- Language and accessibility needs
- Embarrassment, stigma, or discomfort discussing sexual health
- Conflicting information or misinformation

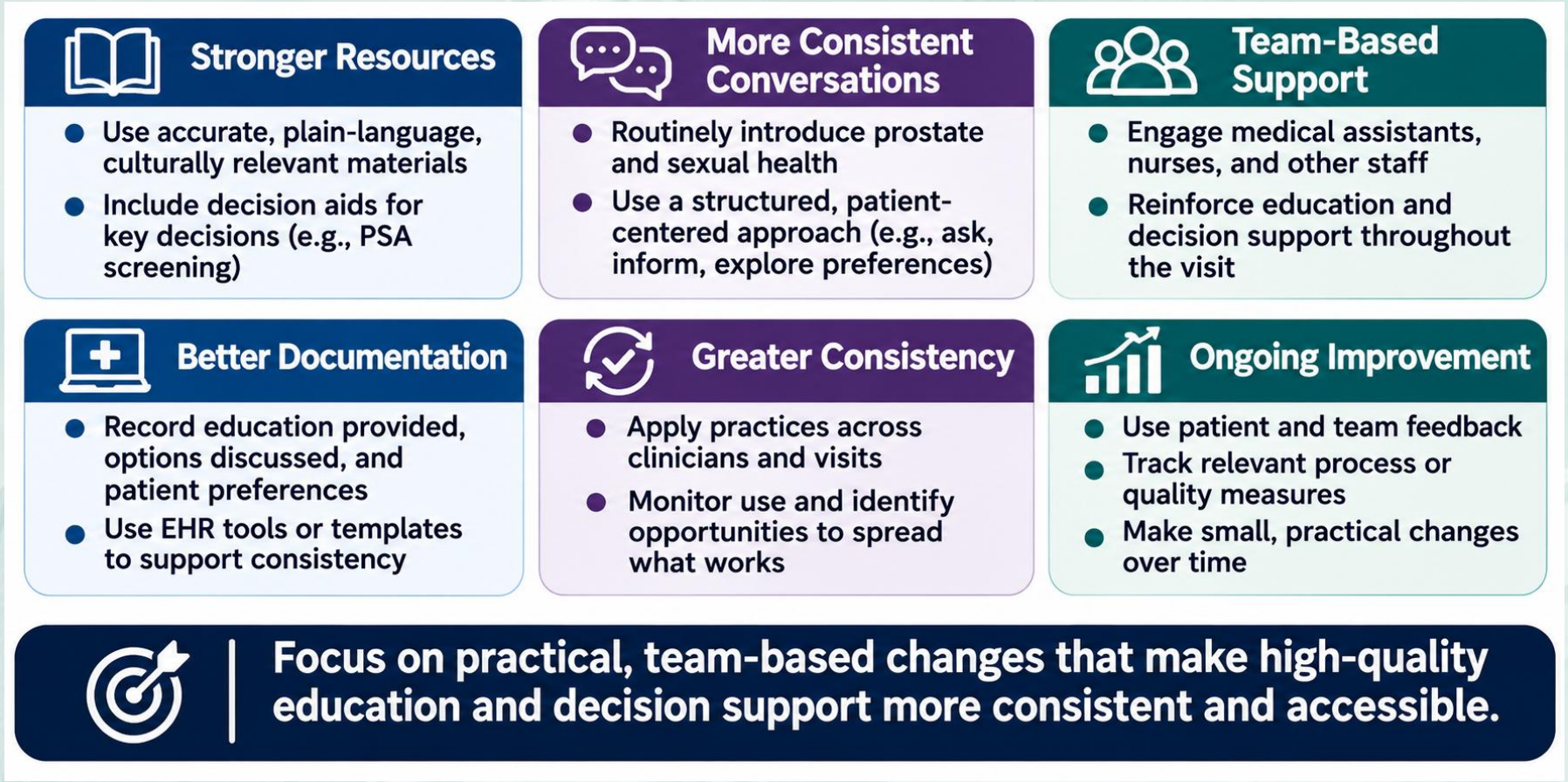
Clinic-level challenges

- Limited visit time and competing priorities
- Variable availability of educational resources
- Unclear responsibility across team members
- EHR and workflow constraints

Assessing Current Education and Decision-Support Practices



What Might Improvement Look Like



From Assessment to an Improvement Priority



Three Takeaways

1. **Assess what patients actually experience.** Having educational materials available does not necessarily mean patients receive, understand, or use them.

2. **Match the resource to the need**. General education helps patients understand health conditions and treatment options; decision aids build on that information to support specific healthcare decisions.

3. **Start small and build on existing strengths**. Identify one meaningful gap and a feasible opportunity to improve.

Reflection and Group Discussion

What is one aspect of prostate or sexual health education that your team could examine more closely?



Additional Resources



WARRIOR STRONG

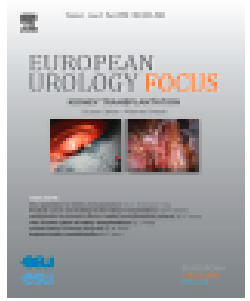
Appendix A: Selected Research References

1. Stacey et al. (2024). Decision aids for people facing health treatment or screening decisions. *Cochrane Database of Systematic Reviews*, *1*(1), CD001431. DOI: 10.1002/14651858.CD001431.pub6. **PMID: 38284415.**
2. Hibino et al. (2024). Comparative Effectiveness of Decision Aids for Cancer-Screening Decision Making: An Overview of Reviews. *Journal of General Internal Medicine*, *39*(16), 3299–3314. DOI: 10.1007/s11606-024-09001-4. **PMID: 39230806.**
3. Pathirana et al. (2022). Including Information on Overdiagnosis in Shared Decision Making: A Review of Prostate Cancer Screening Decision Aids. *MDM Policy & Practice*, *7*(2), 23814683221129875. DOI: 10.1177/23814683221129875. **PMID: 36247841.**
4. Lutaud et al. (2024). Shared medical decision in prostate cancer screening in primary care: a systematic literature review of current evidence. *International Urology and Nephrology*, *56*(7), 2251–2259. DOI: 10.1007/s11255-024-03947-4. **PMID: 38316684.**
5. Alsulamy et al. (2020). What Influences the Implementation of Shared Decision Making: An Umbrella Review. *Patient Education and Counseling*. DOI: 10.1016/j.pec.2020.08.009. **PMID: 32839047.**
6. Langford et al. (2020). Impact of the Internet on Patient-Physician Communication. *European Urology Focus*, *6*(3), 440–444. DOI: 10.1016/j.euf.2019.09.012. **PMID: 31582312.**

Paper of Potential Interest

EUROPEAN UROLOGY FOCUS 6 (2020) 440–444

available at www.sciencedirect.com
journal homepage: www.europeanurology.com/eufocus



Mini Review – Prostate Cancer

Impact of the Internet on Patient-Physician Communication

Aisha T. Langford[a,*], *Timothy Roberts*[b], *Jaytin Gupta*[a], *Kerli T. Orellana*[a], *Stacy Loeb*[a,c,d]

- Collaboration between medical librarian, urologist, and behavioral scientist
- Curated resource list
- MedlinePlus checklist for evaluating health information
- "Three Rs": *Reassure, redirect, and refer*

Appendix B: Patient Education and Decision-Support Resources

MedlinePlus (National Library of Medicine)
https://medlineplus.gov/

Urology Care Foundation (American Urological Association)
https://www.urologyhealth.org/

Prostate Cancer Foundation (PCF)
https://www.pcf.org/patient-resources/

Ottawa Patient Decision Aid Inventory (Ottawa Hospital Research Institute)
https://decisionaid.ohri.ca/AZlist.html

AHRQ Health Literacy Universal Precautions Toolkit
https://www.ahrq.gov/health-literacy/improve/precautions/toolkit.html

Appendix C. Brief Measures of Shared Decision-Making

Measure	What it assesses	Format
SDM Process_4	Whether patients report discussing options, benefits, harms, and preferences	4-item patient-reported measure
CollaboRATE	Patients' perceptions of efforts to explain health issues, listen to what matters, and incorporate preferences	3-item patient-reported measure
SURE	Patients' certainty, understanding, risk-benefit awareness, and support in making a decision	4-item patient-reported decisional conflict (uncertainty) screening tool

Brodney S, Fowler FJ, Barry MJ, Chang Y, Sepucha K. Comparison of Three Measures of Shared Decision Making: SDM Process_4, CollaboRATE, and SURE Scales. *Medical Decision Making*. 2019;39(6):673-680. doi:10.1177/0272989X19855951

Appendix D. Additional Decision-Support Evaluation Measures

Evaluation area	Example measures
Decision-making needs	Decisional Needs Assessment
Decision-making process	Decision Support Analysis Tool
Decisional conflict	Decisional Conflict Scale
Decision preparedness	Preparation for Decision Making Scale
Decision outcomes	Decision Regret Scale
Knowledge and values	Knowledge and Values measures
Implementation	Barriers and Facilitators Survey Tool

Source: Ottawa Hospital Research Institute, Patient Decision Aids Research Group. https://decisionaid.ohri.ca/eval.html. Access 11/13/2026

Appendix E. Implementing Patient Decision Aids and Decision Support

1. **Identify the decision.** Determine which healthcare decisions would benefit from additional decision support.
2. **Find patient decision aids.** Identify relevant, evidence informed decision aids.
3. **Identify barriers and explore ways to overcome them.** Consider patient, clinician, and organizational challenges.
4. **Implement decision aids and provide training.** Integrate decision support into care and prepare staff to use it.
5. **Monitor use and outcomes.** Assess implementation and opportunities for improvement.

Source: Ottawa Hospital Research Institute, Patient Decision Aids Research Group. https://decisionaid.ohri.ca/implement.html. Access 11/13/2026

AI Use Disclosure

OpenAI's ChatGPT was used to assist with the refinement of selected slide content and to generate conceptual figures and infographics. Prompts were iterative and focused on content clarity, visual organization, and presentation design. The presenter reviewed and revised the materials and retains responsibility for the accuracy and interpretation of the educational content.

Breakout Group Discussion & Report Out

Breakout Group Instructions

- **2:50-3:05pm Breakout Groups**
  - Introduce Yourself: Name, Role, Organization
  - Discussion Question #1: What are your current strategies for facilitating conversations with male patients around sexual health? What are your organization's strengths and weaknesses?
  - Discussion Question #2: How does your health center provide education for men in the following areas of focus: Sexual health (including erectile dysfunction); Urinary symptoms (including benign prostate hypertrophy); Prostate cancer screening and overall prostate health
- **3:05-3:10pm Report Out**

Selecting a Focus Area for Improvement

Lisa Leary, Mark Splaine

Learning Collaborative Objectives

Upon completion of this learning collaborative, participants should be able to do the following:

1) Assess strengths and areas for improvement in education and decision support for men related to sexual health and prostate conditions.
2) Design site-specific interventions to improve education and decision support related to men's health areas of focus.
3) Use quality improvement tools and skills to implement selected interventions for improving education and decision support.
4) Evaluate patient-level and system-level barriers and develop strategies to improve education and decision support for men and their families.

Getting Started on a Focus

- There is no 'right way' to pick your focus
- Work as a team to share ideas
- Use existing information to enhance ideas – reach out to stakeholders
  - What do the data show?
  - What do your patients say could be improved?
  - What do providers and staff say could be improved?
  - What are leaders saying is important?

Use Criteria to Narrow Your List

- Criteria for your team to consider:
  - Resources required
  - Team readiness
  - Time to implement
  - Level of complexity/simplicity
  - Impacts (patients, teams, workflows, organization, etc.)
  - Alignment with organization priority

Model for Improvement

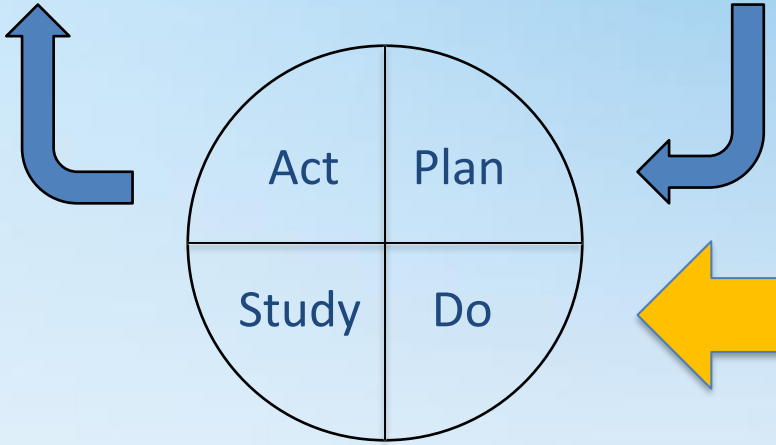
Three questions...

- What are we trying to accomplish? **(Aim)**
- How will we know that a change is an improvement? **(Measures)**
- What change can we make that will result in improvement? **(Change)**

QI Session 12/3

LC Session 12/17 & QI Session 1/7

LC Session 12/17 & QI Session 1/7



...coupled with an approach for testing change.

QI Session 1/28

Langley GJ, et. al. The Improvement Guide (2nd Edition), 2009.

Illustrative Examples

- Improving staff's confidence discussing men's health issues (sexual health and prostate cancer screening)
- Utilizing informed decision making with prostate screening
- Raising awareness among staff of importance of men's health
- Education for men about common health issues to raise with provider
- Make sexual [and prostate] health issues/concerns easier to discuss
- Improving male patient experience and trust
- Community outreach to collaborate on men's health awareness

Chat Question

Does your team have any ideas germinating on what they want to focus on for improvement at your organization?



Questions?

Looking Ahead

- December 3rd session will assist your team in developing your improvement focus
- Topics we will cover:
  - Selecting an area of focus
  - Identify a population
  - Writing an AIM statement about what you want to accomplish

Questions?

Wrap-Up

Deliverables

- Draft Your "North Star" Statement

Discussion Questions

- What aspect(s) of prostate and sexual health education and decision support do you believe can be improved?

Thank You!

Questions?

Email Meaghan Angers, angersm@mwhs1.com
and Jessica Mercado, mercadj@mwhs1.com

Quality Improvement Session
December 3, 2026
2:30-3:30pm Eastern / 11:30am-12:30pm Pacific

Learning Session 4 – Measuring and Understanding Your Area of Focus
December 17, 2026
2:30-3:30pm Eastern / 11:30am-12:30pm Pacific