

# DECISION COACHING GUIDE

## INTRODUCTION

Hi my name is \_\_\_\_ It's nice to finally meet you. First of all thank you for your participation in our study.

Before we get started I want to take a moment and give you a better sense of my role with you here today and the purpose of this coaching session.

I'm not a trained doctor so I'm not able to give you professional medical advice.

The main purpose of this session is to help you have the best possible discussion you can have with your doctor about your risk of prostate cancer and the screening options available to you.

Based on your own personal values ,preferences and decision making process we will formulate questions that will help you to best address your thoughts and concerns with your doctor.

We can also practice a little role play as well if that's something you feel you would need.

Do you have any further questions?

# Community Health Worker

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**Note:** Coaches will not ask all of the questions below. The questions below are merely potential questions that the coach can use in the course of their session based on their assessment of the patient's needs (which in turn will be based on the patients' answers to previous questions).

### Knowledge

1. Do you understand what prostate cancer is?
2. Do you know what the prostate does?
3. As a Black man, do you think your risk of having prostate cancer is higher or lower than other men in the US?
4. Do you know what a PSA test is and do you understand what the test measures?
5. Do you know that a PSA test cannot tell you for sure whether you do or do not have prostate cancer?
6. Do you know what the next steps are if you have an elevated PSA test? (Are you aware it can lead to a biopsy or further testing?)

### Values

1. I will have peace of mind when I know the test results.
2. My family and I will know if I have prostate cancer or not.
3. I will have a better chance of getting treatment that could help save my life if cancer is found early.
4. I have some of the risk factors that increase my chances of getting prostate cancer.

Some Reasons Not To Be Tested:

1. I will worry about the results
2. I might find a prostate cancer that never would have given me problems or shortened my life.
3. I will have to deal with treatment and it's side effects.
4. I might have a biopsy when I didn't need one.

### Process

1. How do you make medical decisions? Do you make them yourself without much doctor input? Do you like your doctor to make them after talking with you, or do you like to have a discussion with your doctor and make the decision together?
2. Are you comfortable talking with your provider about the side effects of cancer treatment? (E.g. sexual problems, incontinence. Would you like me to help ask questions during appointment?)
3. Do you need to make a pros/cons list or do you have other strategies that help you make hard decisions? (If yes, ask what do you see as the pros/cons of PSA testing [*can also use decision aid*])
4. Is there anyone you would not want involved in the decision making?

### Communication

1. What are your personal goals for your clinic appointment?
2. What values/preferences/goals do you most want to tell your provider?
3. Moving forward, what would be your ideal scenario? (Regarding PSA screening, CHW can create questions for provider)
4. Do you want me (the coach) to help in anyway during the appointment? (Write notes. Help ask questions. *\*Here we can reiterate that the coach will be present at the appointment.*)
5. Would it be helpful for you to practice asking questions to your doctor or telling them your preferences? (We could do that if you like)