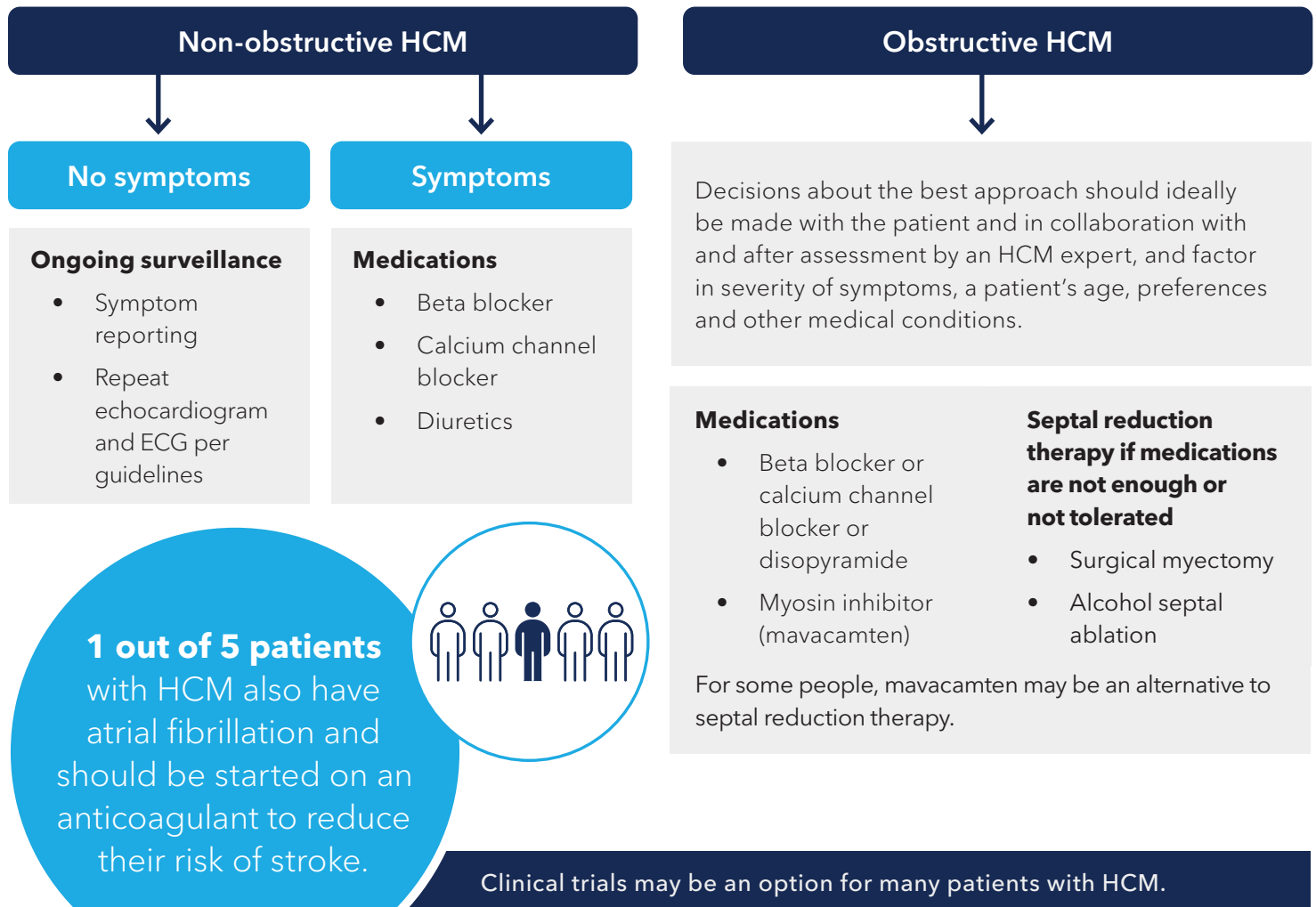


Hypertrophic cardiomyopathy (HCM) is a complex, inherited disease. Many factors must be considered when tailoring treatment(s), including the severity of symptoms related to obstruction, if any, quality of life, as well as individual risk stratification for sudden cardiac death (SCD). Left ventricular outflow tract obstruction, arrhythmias, heart failure, and exertional intolerance are common. The American College of Cardiology has created tools to supplement your discussions and help educate and engage patients to participate in decisions related to their care.

Treatments at a Glance



As part of treatment, all patients with HCM should:

				
Adopt healthy lifestyle habits that fit their lives/interests	Talk openly with family members to encourage genetic testing	Know their SCD risk, if an ICD should be considered	Have routine follow-ups	Find support and strategies for coping

Setting the Stage for Optimal Shared Decision-Making

<p>Step 1 Engage patients in the process</p>	<ul style="list-style-type: none"> ✓ Help patients understand that 1) HCM can be treated and 2) they have choices in how their HCM is managed. ✓ Explain that HCM is complex, and there are many factors that should be considered to determine the best treatment approach, and these can change over time. Ongoing communication is important. ✓ Invite them to play an active role in making decisions that align with their goals and preferences. ✓ Let patients know that it's helpful for you and other members of the care team to know if they lack the resources or support needed to follow a certain treatment (e.g., cost, living alone). ✓ Involve family members or care partners in discussions.
<p>Step 2 Help patients compare options</p>	<ul style="list-style-type: none"> ✓ Talk about the treatment options available; for some people that may be ongoing monitoring. ✓ Try to gauge what a patient already knows about these treatment options. ✓ Discuss the benefits and possible harms of each treatment option; use a decision aid or other education tools if desired. ✓ Give information in small chunks and use plain language. ✓ Pause and check in to make sure they understand the information (you can use the teach-back method) and have time and space to ask questions. ✓ Talk about when referral to and coordination with an HCM center might be needed.
<p>Step 3 Ask questions to understand individual patient goals and preferences</p>	<ul style="list-style-type: none"> ✓ When it comes to deciding how to best manage HCM, be sure to identify and talk through concerns and find out what matters most to each patient (for example, staying active, feeling less tired or short of breath, reducing SCD risk, keeping their job, out-of-pocket costs). ✓ Validate any struggles and be empathetic. ✓ Agree on what is most important to the patient and keep this front-and-center when discussing potential treatment options.
<p>Step 4 Come to an informed decision together with the patient</p>	<ul style="list-style-type: none"> ✓ Gauge whether the patient is ready to make a decision, or if they would benefit from a decision aid, educational materials or additional time to think through their options. ✓ Decide on a treatment path together and circle back to make sure they feel their needs are addressed. ✓ Reinforce the benefits of healthy lifestyle, including exercise and what activities would be best, in addition to medications and procedures. ✓ Schedule follow-up visits and testing.
<p>Step 5 Reassess over time</p>	<ul style="list-style-type: none"> ✓ Revisit treatments over time to see how well they are working and how the patient is doing. ✓ Ask if there are things that make following their treatment plan harder.

Note: Informed by Agency for Healthcare Research and Quality and Centers for Disease Control and Prevention's SHARE approach

