



Patient decision aid information

Decision aids

Published: 2 December 2015

Last updated: 15 February 2022

www.nice.org.uk

Patient decision aids (PDAs) help people decide on healthcare options. They provide evidence-based information on the options available, along with likely outcomes, benefits, harms and uncertainties.

They should be used to inform conversations between a person and their healthcare professional, supporting them to make informed choices in line with their personal values and preferences.

Our [process guide outlines how we develop our PDAs](#).

See our PDA (PDF only) on:

- [Type 2 diabetes: agreeing my blood glucose \(HbA1c\) target](#).