

# 11 - Using Mind Mapping to Support Shared-Decision Making with Pediatric and Geriatric Patients

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Divergent objectives and narratives between members of a healthcare team may lead to suffering, underscoring the need to align patient care with the patient's self-identified goals. Shared decision making (SDM) with patients who may not be able to make healthcare decisions for themselves presents a unique challenge to healthcare providers, caregivers, and patients. Children and the elderly are two such groups. Previous research on SDM in pediatric and geriatric patients has found that caregiver involvement, regulations and policies, and communication skills training for providers are several of the key factors perceived as barriers to effective SDM. Thus, there is a clear need for a technique in which all facets of the patient's story can be told, within the context of the biopsychosocial model. Mind mapping is a highly effective way of getting information in and out of the brain, and a creative and logical means of note-taking and note-making that literally "maps out" ideas in a visual, artful style. Linear, rote, mnemonic-based strategies for patient/caregiver engagement may not promote the organic identification of stakeholder priorities. In contrast, mind maps create a natural organizational structure that radiates from the center and use lines, symbols, words, color and images according to simple, brain-friendly concepts, revealing connections and raising additional questions. Understanding the "topography" of relationships and priorities focuses team discussions, finds shared interests in seemingly divergent objectives, and identifies which team member may best lead a discussion on a particular topic. In this two-hour workshop, learners will become familiar with and will practice mind-mapping. Using several clinical vignettes, learners will make, share, and reflect upon their own maps. Learners will also have the opportunity to map their own clinical vignettes.

## **Target audience:**

Stakeholders in the care of geriatric and/or pediatric patients.

## **Brief agenda:**

Introduction to and explanation of mind mapping (30 minutes), practice/discussion with provided vignettes (35 minutes), practice/discussion with own vignettes (35 minutes), questions/ group discussion (20 minutes).