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**Fully informed choices: shared decision making versus compliance**

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The recovery model is the basis of peer support. It emphasizes the fact that those living with mental illness have human rights which extend to psychiatric treatment. Peer support is voluntary and prefers to maintain with the national practice guidelines for peer support. When I speak to psychiatrists, psychiatric nurses and pharmacists, their main concern is that individuals are not being med-compliant. There seems to be an additional stigma (bad reputation) for those that are prescribed psychiatric medications. I use the World Health Organization reports to show that among the top 20 diseases examined, they are all fewer than 50% in the compliance of taking their medications. I will demonstrate that “compliance” or making good healthcare choices will occur more readily, when the prescriber provides “fully informed care” including the negative side effects and ways to address them and a pros and cons approach. The time factor for prescribers will be discussed. The shared decision making model means that the patient is the expert on themselves and how medications affect them. The prescriber is the expert on the human body and how medications interact with the body. Since peer support is voluntary, the peer support specialist supports the peer making good healthcare choices. The relationship is based on mutuality, conversation and an even power situation, not a demand to be “compliant”. Humans are naturally non-compliant and respond well to being able to self-manage their lives. The goal of the session is to bring increased understanding between prescribers and those they treat.

**Notes:**