

# HealthChange Methodology

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*Shared Decision Making is defined as the “collaboration between patients and providers, which considers patients’ values and preferences alongside evidence to make the best decisions.”*

**Webpage:** [HealthChange Methodology](#)

## What is this resource?

HealthChange Methodology (HCM) is an evidence-informed approach for delivering health services in a person-centered way.

AHS has acquired the license to deliver the HCM learning series. Target audience are healthcare providers, and non-clinical team members, whose roles involve direct patient contact (in-person or virtual).

## How does this relate to Shared Decision Making (SDM)?

HealthChange Methodology promotes shared decision making and collaboration and engages patients and families as true partners in their care.

The guiding practice principles of HealthChange support providers to be present with patients in a way that is non-judgmental, fosters trust and encourages exploration versus making assumptions.

## How can I use this resource?

You can register for e-Modules by going to HealthChange [Online Learning Environment](#).

Questions about this learning series can be directed to: [phc@ahs.ca](mailto:phc@ahs.ca).