**Shared decision making (SDM)** means involving the patient as an active participant in their care, first clarifying the range of clinically acceptable treatment options for them and then the patient working in partnership with their clinical team in choosing the best treatment for them at the time, the treatment which best meets their individual needs, values and preferences.

Shared decision making is a journey and runs throughout the pathway from self care through to highly specialist care. It is not just about whether surgery is right for that patient at that time but how they want to be treated and managed and supporting them to be an active partner throughout their health care journey.

Shared decision making is integral to the enhanced recovery pathway.