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Shared decision making with psychological safety

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## Shared decision making with psychological safety

Psychological safety is defined as a shared belief that individuals within a team or group are able to take risks without fear of being embarrassed or punished.<sup>1,2</sup> It is an environment in which people feel respected and comfortable to speak up and express their ideas, opinions and concerns. It is essential for effective communication and collaboration, and encourages creativity and innovation. It is a shared belief among healthcare team members that the environment is safe for taking risks and being open about mistakes without fear of negative consequences. It includes creating an atmosphere of trust, respect, and mutual support. It involves recognizing, acknowledging, and addressing the emotional needs of everyone involved in the healthcare process, including patients, caregivers, and healthcare staff. Psychological safety also means creating an open dialogue between healthcare providers and patients to ensure everyone is comfortable and confident in their care.

In a healthcare setting, psychological safety is especially important. Patients need to feel safe to express their concerns and fears and to be assured that their medical care provider will take them seriously. It is also important for healthcare providers to ensure that they provide a safe environment for their patients. This can include providing a comfortable and no blame atmosphere for patients to express themselves, as well as actively listening to their needs and concerns.

In addition, psychological safety between the medical staff and patients is key to successful shared decision making.<sup>3,4</sup> Shared decision making is a process in which medical providers and patients work together to make decisions about their care. It allows for more collaboration and understanding between patients and providers, and helps to ensure that decisions are based on the patient's preferences and values.

Ultimately, psychological safety is essential for effective communication and collaboration, and is key to successful healthcare. It is important for healthcare providers to create an environment that is comfortable and safe for their patients, and to actively listen to their concerns and needs.

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