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*“Development and Field-Testing a Patient Decision-Aid for Management of Acute Achilles Tendon Rupture”*

The delivery of patient care is in the midst of a paradigm shift with the patient-clinician relationship evolving from a paternalistic to a more patient-centered relationship. The concept of shared decision-making (SDM) is central to this relationship. SDM involves an exchange of information around health-care decisions, allowing patients to make a more personal, value-based decision. One of the strategies to facilitate SDM are patient decision aids (PtDAs).

Achilles tendon ruptures are common injuries that are increasing in incidence. Both operative and non-operative management strategies exist, each with a unique set of risks (complications) and benefits. Patients are thus routinely faced with a decisional conflict; to have surgery or not. There are no known PtDAs in the published literature to assist patients and clinicians when making this decision. This protocol has been designed to facilitate and guide development and validation of a novel PtDA for patients with Achilles tendon ruptures, with the goal of allowing patients to make a more informed, value-based decision. This will be the pilot in the larger vision of creating and operationalizing of the Ottawa Orthopedic Patient Decision Aid Program, within the continuous quality improvement (CQI) framework at the University of Ottawa Division of Orthopedic Surgery.