



# Patient decision aids information

Decision aids

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[www.nice.org.uk](http://www.nice.org.uk)

Patient decision aids (PDAs) help people decide on healthcare options. They provide evidence-based information on the options available, along with likely outcomes, benefits, harms and uncertainties.

They should be used to inform conversations between a person and their healthcare professional, supporting them to make informed choices in line with their personal values and preferences.

Our [process guide outlines how we develop our PDAs](#).

See our PDA (PDF only) on:

- [Should I stop my benzodiazepine or z-drug?](#)

There is also a [summary version of this PDA](#).