

Universität Zürich
Institut für Epidemiologie, Biostatistik und Prävention
Direktor: Prof. Dr. med. Milo A. Puhan, PhD

Arbeit unter Betreuung von Prof. Dr. med. Milo A. Puhan, PhD

Development of a patient decision aid for low-dose aspirin as primary prevention of cardiovascular disease and cancer, incorporating an individualized quantitative benefit-harm assessment

INAUGURAL-DISSERTATION
zur Erlangung der Doktorwürde der Humanmedizin
der Medizinischen Fakultät
der Universität Zürich

vorgelegt von
Dominik Menges

Genehmigt auf Antrag von Prof. Dr. med. Milo A. Puhan, PhD
Zürich 2019

Table of Contents

Abstract	4
Abbreviations.....	6
1 Introduction.....	7
1.1 Low-dose Aspirin in Primary Prevention.....	7
1.2 Current Guidelines.....	8
1.3 Assessing Benefits and Harms.....	9
1.4 Shared Decision-Making and Patient Decision Aids.....	10
1.5 Development of a Patient Decision Aid for Switzerland.....	11
2 Objectives.....	12
3 Methods.....	14
3.1 Development Framework	14
3.2 Review of Existing Patient Decision Aids	14
3.3 Evidence Selection.....	17
3.4 Elicitation of Patient Preferences.....	23
3.5 Design of the Aspirin Patient Decision Aid	31
3.6 Alpha-Testing	36
3.7 Ethics.....	38
4 Results	39
4.1 Review of Patient Decision Aids	39
4.2 Literature Review and Evidence Selection Process	42
4.3 Study on Patient Preference Elicitation	46
4.4 Alpha-Testing	50
4.5 Design of the Aspirin Patient Decision Aid	54
5 Discussion	64
5.1 Development of the Aspirin Patient Decision Aid	64
5.2 Benefit-Harm Assessment and Recommendations	66
5.3 Limitations in Evidence Selection	67

5.4	Elicitation of Patient Preferences.....	69
5.5	Outlook.....	70
5.6	Implications	71
6	Conclusion.....	73
7	References.....	74
8	Appendix	81
8.1	Patient Decision Aid Review.....	81
8.2	Literature Review for Evidence Selection	93
8.3	Alpha-Testing: Interview Questionnaire.....	103
8.4	Aspirin Patient Decision Aid: Texts.....	105
	Funding.....	123
	Acknowledgements	124
	Erklärung der Eigenleistung	125
	Curriculum Vitae	126