

Supporting informed decisions about healthcare and health systems

Efficient and fair allocation of resources for global health requires informed decisions about how to use scarce resources. Similarly, strengthening health systems requires informed decisions about how to do this. Informed decisions, in turn, require reliable information. Information and communication technologies can help to improve the accessibility of reliable information. Digital health education can also help to inform individual's decisions about how health services are used. However, information is only useful if those making decisions are able to tell the difference between trustworthy and untrustworthy information. Thus, enabling people to assess the trustworthiness of information and to make informed choices is essential. It is particularly important that they are able to assess claims about the effects of interventions to strengthen health systems and clinical interventions. In this symposium we will discuss strategies for enabling people to assess claims about the effects of interventions and to make informed decisions - as patients; citizens; health professionals; policymakers; and future patients, citizens, health professionals, and policymakers (young people). The symposium will include interactive presentations and discussion.

Session leader: Andy Oxman*

Teaching children in low-income countries to make informed health choices - Andy Oxman*

We will begin by presenting how we approached this challenge in a 5 year [project](#) funded by GLOBVAC, culminating in two [randomised trials](#) involving 120 schools, over 10,000 children, their teachers, and some of their parents. The trials documented that it is possible for children as young as 10 and [parents](#) with no more than a primary school education to learn to assess treatment claims.

A human-centred design approach to enabling people to make informed decisions - Sarah Rosenbaum*

This presentation and discussion will focus on the use of a human-centred design approach to enabling people to make informed decisions about healthcare and health systems. [Human-centred design](#) is an iterative approach consisting of multiple cycles of idea generation, prototyping, user-testing, and analysis. We will discuss how we have used this approach to make evidence-based information more accessible and to enable people to use research evidence to inform their decisions.

Priorities for future research and scaling up effective use of information and communication technologies - Atle Fretheim,* Signe Flottorp,* Andy Oxman,* and Sarah Rosenbaum*

We will wrap-up by discussing ongoing research and future plans of the [Centre for Informed Health Choices](#) at the Norwegian Institute of Public Health for making trustworthy information more accessible and enabling people to make informed health choices. Participants in the symposium will be invited to discuss their own related research, and we will discuss opportunities for collaboration in Norway and internationally to make trustworthy information about the effects of both clinical and health system interventions more accessible and to enable people to recognise and utilise such information. This will include discussion of both [Cochrane](#) and the [GRADE Working Group](#) as examples of international collaborations.

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