The 4A Approach to Conscious Decision-Making

Conscious Decision-Making in Occupational Therapy Practice is a useful approach to making decisions that reflect accountable, principled practice. The 4A approach outlines the critical steps of the Conscious Decision-Making (CDM) framework. This approach is a quick reference, designed to support OTs when making professional decisions.

1. **Apply**
   - Apply legislation, standards, resources and evidence (steps 1-4 of the CDM)
   - Gather information

2. **Anticipate**
   - Anticipate the various options and outcomes (step 5 of the CDM)
   - Consider options

3. **Assess**
   - Assess the risks and benefits associated with each option (step 6 of the CDM)
   - Weigh the risks of each option

4. **Act**
   - Make an informed professional decision (step 7 of the CDM)
   - Document your decision and rationale