

Serious Illness Conversation Guide Drill

	CLINICIAN	PATIENT
S E T U P	Kia ora Mr/s Walker. Thanks for meeting with me today. It's great to see you again.	Nods to acknowledge.
	We want to make sure you have the best care possible. To do this it would be good to talk about what is happening with your health, what might be ahead and what things are important to you? Is that OK?	I'm feeling much better this week. I don't think we need to have any big conversations.
	This is a conversation I like to have with all of my patients, because it helps me to understand what is most important to you. It feels like it would be a useful discussion for us to have.	I guess that would be okay.
	I'm going to use this conversation guide to make sure I don't miss anything. Is that OK?	Yes, that's fine with me
	This is an important conversation. Would you like someone to be here with you?	I'm happy to talk on my own
A S S E S S	To make sure we are on the same page, can you tell me your understanding of what's happening with your health at the moment?	I'm not feeling too bad at the moment. My breathing and my joints are both feeling better. But I know being on the methotrexate means my immunity isn't as good as other peoples.
	In terms of your health, how much information about what might happen in the future would you like from me?	I want to know everything you know.
	This is my understanding of where things are at... You're right. Your treatment for arthritis means your immune system isn't quite as robust as other peoples and we also need to keep an eye on your chest. I know you had a couple of admissions to hospital last year with COPD.	
S H A R E	It can be difficult to predict what will happen with your health. I hope that you will continue to live well for a long time, but it is possible you could become unwell quickly. It is important we prepare for that possibility.	Oh goodness, I wasn't expecting that.
	I can see this is a bit of a shock for you. It must be hard to hear.	It is a bit of a shock. I thought I'd just keep ticking along like this for years. But you're saying things could change quickly?
	That is what I am concerned about.	

Please turn over...

	CLINICIAN	PATIENT
E X P L O R E	What are your priorities if your health does get worse?	I want to spend as much time with my family as possible. My daughter is getting married next year. I'd like to be there for that.
	What worries you when you think about your health changing?	I don't want my family to have to see me suffer. I worry about not being able to breath. What can you do to make sure I don't feel like I am suffocating at the end?
	Managing your symptoms is really important for us to talk about. We'll set that aside for now and come back to it later.	Okay
	What helps you through the tough times?	My family is everything to me. My son, my daughter and my grandkids.
	What abilities are so important for you, that you can't imagine living without them?	I want to be here for my family. I want to be able to go out to dinner with my family, to sit outside and enjoy the sunshine.
	If your health does get worse, how much are you willing to go through for the possibility of more time?	Well, I'd be willing to have more tests and treatments if they help me feel better, but I'm worried about dying in the hospital hooked up to a machine. Quality of life is more important to me than quantity.
	How much do your family/whānau know about what is most important to you?	I think my son knows, but I haven't really talked about it with my daughter. We probably should do that.
	I have heard you say that being able to spend time with your family, and focusing on quality rather than quantity of life are really important to you . You've also identified the importance of talking about these issues with your whānau. Keeping that in mind, I suggest that we set up a meeting to talk together with your whānau to think through the next steps. It might also give us a chance to start thinking about your goals of care if you do become unwell. To make sure we focus on enhancing your wellbeing and quality of life. This will help us make sure your care focuses on what is important to you..	Okay
	How does this plan seem to you?	I know it is going to be tough, but meeting together is a good idea.
	I will do all I can to help you get the best care possible. Aside from talking about managing your symptoms, is there anything you would like to go over again/ask/talk about?	This is a lot to take in. I think that is enough for today.