

# Serious Illness Conversation Guide Appendix

- What is your understanding now of where you are with your illness?
- How much information about what is likely to be ahead with your illness would you like to know?
  - *Some patients like to know about time, others like to know what to expect, others like to know both.*
- If your health situation worsens, what are your most important goals?
- What are your biggest fears and worries about the future with your health?
- What abilities are so critical to your life that you can't imagine living without them?
- If you become sicker, how much are you willing to go through for the possibility of gaining more time?
- How much does your family know about your priorities and wishes?
  - *Suggest bringing family and/or health care agent to next visit to discuss together*

# Appendix C: MOST Protocol and Communication Tips

## Prepare for discussion

- Review what is known about the individual and family goals and values.
- Understand the facts about the individual's medical condition and prognosis.
- Review what is known about the individual's capacity to consent.
- Request, retrieve, and review completed advance directive and MDPOA
- Determine who key family members are, and if the individual has not appointed a healthcare agent and lacks capacity to do so, initiate the Proxy-by-Statue process.
- Find uninterrupted time for the discussion.

## Begin with what the individual and family know.

- Determine what the individual and family know regarding condition and prognosis.
  - *What have your doctors told you about your [disease, condition, problems]?*
  - *Have you talked about what can be done to help you get better?*
  - *Do you have a clear picture as to how we might expect your [disease, condition, problems] to progress?*
  - *Is there anything you don't understand about your [disease, condition, problems] and treatments you are receiving?*
- Determine the individual's views and values for life-sustaining treatment in light of the condition and likelihood of interventions.
  - *When you think about the future, what is most important to you right now?*
  - *If your heart or lungs stop, what do you want us to do?*
  - *What are you afraid of/worried about?*