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 an family knows.
• 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?