

## PERSON-CENTERED EXPLORATION

Consider meeting separately with the patient and caregiver/family to allow the opportunity for each person to share any concerns or perceptions that they worry are too difficult to talk about with the other person present. It may be necessary to engage in ongoing dialogue using these questions as a guide rather than strive to accomplish everything at once.

*Hello (patient name), I am (your name) and I am (role). Is this a good time to talk?*

*It's my goal to understand you, your experiences and needs over the course of your illness so I can help make sure you have the information and support you need.*

<b>EXPLORE THEIR UNDERSTANDING</b>	<ul style="list-style-type: none"> <li>• Please share with me what you understand about your illness now.</li> <li>• What do you understand about the goal of treatment?</li> <li>• Do you feel like you are getting better, worse or staying the same?</li> <li>• What are your biggest concerns about your illness and treatment?</li> <li>• Have you shared these changes and concerns with your physician?             <ul style="list-style-type: none"> <li>○ If not, would you like help in having that talk?</li> </ul> </li> </ul>
<b>EXPLORE THE IMPACT OF THE ILLNESS</b>	<ul style="list-style-type: none"> <li>• How has this illness affected your daily life?             <ul style="list-style-type: none"> <li>○ If no concerns identified, prompt discussion by inquiring about physical side effects, finances, caregiving, ability to keep working or engaging in hobbies.</li> </ul> </li> <li>• How long ago did these changes start happening?</li> <li>• How has the illness affected your relationships?</li> <li>• What are the things that bring you a sense of joy?             <ul style="list-style-type: none"> <li>○ Are you able to do those things? If not, why not?</li> </ul> </li> <li>• What does a good day look like to you and how many good days have you had in the past week/month?</li> <li>• If you had a magic wand, what is the one thing you would want to change about your situation?</li> </ul>
<b>EXPLORE THE MEANING AND APPROACH TO HEALING</b>	<ul style="list-style-type: none"> <li>• What do you think caused this illness?</li> <li>• What do you think you need to best treat this illness?</li> <li>• Do you also use herbs, traditional healers, acupuncture, folk remedies, prayer, ceremony or others?             <ul style="list-style-type: none"> <li>○ If so, please tell me about them and how they are working for you.</li> </ul> </li> </ul>

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<b>EXPLORE VALUES</b>	<ul style="list-style-type: none"> <li>• What is most important in your life?</li> <li>• How would you describe your quality of life at this time?</li> <li>• Is there a point at which life would not be worth living? If so, please tell me about it.</li> <li>• What are your personal goals at this time?</li> </ul>
<b>IDENTIFY SOURCES OF SUPPORT</b>	<ul style="list-style-type: none"> <li>• What is your source of strength?</li> <li>• Who do you identify as ‘family’?</li> <li>• If you need help at home, (bathing, shopping, housekeeping) how is that provided and by whom?</li> <li>• How has your family responded to this illness?</li> <li>• Are there any concerns we can help address with you?</li> </ul>
<b>IDENTIFY EOL PLANNING</b>	<ul style="list-style-type: none"> <li>• If you could not or did not want to make treatment decisions for yourself, is there someone you want to do that for you? <ul style="list-style-type: none"> <li>○ Is this in writing?</li> </ul> </li> <li>• Is there someone you want present or anyone you do NOT want present as plans are being considered?</li> <li>• Would you like information about what to expect as your illness changes of time?</li> <li>• What is your biggest concern/fear about what might happen?</li> <li>• If you think about when you may be close to the end of your life, is there a limit to or type of aggressive care that you would NOT want to prolong your life? Is there someone else who knows how to answer this for you in the event you cannot?</li> <li>• Is there a point that you would consider life is no longer worth living? Tell me about that.</li> <li>• Do you have a living will?</li> <li>• If I had bad news for you, do you want me to tell you or another person?</li> </ul>

6/2016

For additional free downloads (“*Questions to Ask Your Doctor*” and “*Questions For You and Your Family*”) go to <http://pathwayseol.com>.