

Care Provider Guide 4: Let's Talk About Palliative Care

5 Things to Talk About with Your Patients & Clients

Choose one or more topics and sample questions that are right for you and your patient/client to make a plan for the best possible care.

INFORMATION**1. Let's talk about your understanding of your health condition and treatments.**

- Let's talk about palliative care and how it can fit into your regular care.
- Here's the relief you can expect in addressing your symptoms.
- Here's how palliative can offer support to your family and caregivers.
- What would you like to know from me today about palliative care?

MY GOALS**2. Let's talk about your goals and explore the care you want and do not want.**

- What symptoms would you like to address; what would you like to be able to do?
- What is most important to you – your values, family traditions, care choices & preferences?
- What worries you the most?
- What things may make it harder to get palliative care - (travel to appointments; how to pay for care, my living situation; getting care close to home or at home, being alone; need help).

MY PLAN**3. Let's talk about your care plan and completing your planning documents.**

- Let's review who is on your palliative care team and how they can help get you to your goals.
- Here's the palliative care treatments I would recommend for you; and for your family.
- Would you like to complete or update your planning documents. * You can complete-
 - Health Care Proxy:** Choose a Health Care Agent to make decisions on your behalf.
 - Personal Directive:** Write down what's important to you and your instructions for care.
 - MOLST OR CC/DNR:** Let's talk about your treatment options given your current condition, and document the care you want in a MOLST form, Medical Orders for Life Sustaining Treatment form, or a CC/DNR, Comfort Care/Do Not Resuscitate Order.

KNOW MY CHOICES
Update my Plan**4. Let's be sure your plan is up to date and I know your care choices.**

- Here's my understanding of the care you want and do not want. Is that correct?
- Let's review your medical record and my notes to make sure they reflect your care choices.
- Let's check your Health Care Proxy and/or MOLST are up to date and in your medical record.

HONOR MY CHOICES**5. Let's be sure your care providers can honor your choices.**

- Have you needed emergency care recently? Was your palliative care plan followed?
- Would you like to meet with your family/ Health Care Agent to talk about palliative care?
- Would you like to talk more? Let's schedule a time to continue our conversation.

Notes:

*Multilingual Health Care Proxy and Personal Directive are available on the [Honoring Choices website](#).

See the **Care Provider Conversation Guide Series** on our [website](#). Guide 1 helps you start a simple conversation. Guides 2-4 focus on managing health & chronic illness and living well with serious illness.