

Serious Illness Conversation Guide for Caregivers (locally adapted SICG-C)

Set up the conversation	"How is your ____ doing/ how are you doing?" "Is it okay if we discuss your ____'s condition?" "I will be using a guide to structure our discussion and to take notes for future reference." (<i>Use if appropriate</i>)
Assess understanding and info needs	"What do you know about your ____'s condition?" "Is there anything that you'd like to find out about your ____'s condition?"
Share prognosis (Use only if appropriate)	"May I tell/ inform/ share with you my assessment of your ____'s current condition?" Uncertain trajectory: "While we continue to do our best for your ____'s care, it is possible that your ____'s condition could change, resulting in differences in his/ her health/ strength/ energy level/ alertness/ ability to do daily activities. I think it is important we work together to prepare for what may lie ahead." (<i>Where appropriate, provide reassurance that you wish to work with the caregiver to plan ahead while the patient's condition is stable/ manageable.</i>) Time (for doctors only): "I would like to know if you would like to discuss the prognosis/ how much time your ____ could have". (<i>If yes</i>) "We cannot predict exactly how much time your ____ has, but based on what we know, we estimate that he/ she has about ____ (express as a range, e.g. days to weeks, weeks to months, months to a year)." (<i>Where appropriate, provide assurance of support.</i>)
Explore values	Patient's priorities: "Has your ____ shared with you what is important to him/ her?" (<i>If yes</i>) "What did he/ she say is important to him/ her?" (<i>If no</i>) "Tell me more about your _____. What do you think is important to him/ her?" Caregiver's priorities: (<i>Describe what disease progression may look like for patient, highlight commonly seen symptoms</i>) "From your point of view, what are some important things we should take note of when managing your ____'s condition?" Worries: "Has your ____ ever shared with you're his/ her concerns or worries? What are they? What worries you about your ____?" Sources of strength: "What brings your ____ comfort or peace in his/ her daily life?" Caregiver's sources of strength: "What gives you/ your family strength as you care for ____?" Critical abilities (earlier in trajectory): "What activities does your ____ enjoy doing and would like to continue?" Critical abilities (later in trajectory): "To help me make better plans for your ____'s care, I'd like to find out what abilities/ daily functions are important to him/ her." (<i>Prompt using ADLs</i>) Trade-offs: "Every treatment has its pros and cons, and they can affect your ____'s quality of life in different ways. I'd like to discuss with you what you think are additional measures your ____ can accept if his/ her health gets worse." (<i>Provide examples of interventions that may be relevant to patient, e.g. ICU, dialysis, surgery, feeding tubes, more tests, etc. Describe potential benefits and drawbacks.</i>) Family/ Social support: "How are you/ your family doing in managing ____'s care?"
Close conversation and recommend	"I've heard you say that ____ is important to your ____, and that ____ is important to you/ your family." "To ensure that your ____'s care reflects what's important to him/ her and to you/ your family, may I suggest/ propose that ____?" "Is this plan ok? If you think of anything else, we can talk about this again at your next visit."