



## Checklist

### MODULE 3: Recognising the End-of-Life

- Think about all the patients in your care today. Ask the 'surprise' question about each patient.  
*The 'surprise' question: Would you be surprised if this patient dies within the next few months/weeks/days?*  
Is it time to initiate a conversation about end-of-life care?

---

- Recognise the next time a patient uses one of the end-of-life triggers. If the patient wishes, start a conversation about their concerns and preferences. Use active listening and empathy but be honest and do not shy away from using the word 'dying' or provide false hope. Make sure their preferences are recorded and shared with other team members.

---

- Use SPICT (Supportive and Palliative Care Indicators Tool) to identify patients at risk of deteriorating and dying: [http://training.caresearch.com.au/files/file/SPICT\\_April2016\\_1.pdf](http://training.caresearch.com.au/files/file/SPICT_April2016_1.pdf) (Developed by The University of Edinburgh for the Scottish NHS).

---

- Check your patient is still happy with their care plan. Let them know they can revisit their care plan. A trigger for this might be: the patient raising questions about an aspect of their care, a deterioration in their condition, new symptoms, or when they transition to a terminal phase.

---

**For resources go to the My Toolkit pages in End-of-Life Essentials website:**  
[www.caresearch.com.au/EndofLifeEssentials](http://www.caresearch.com.au/EndofLifeEssentials)