

Appendix 1 (as supplied by the authors): Serious Illness Conversation Guide

Serious Illness Conversation Guide

CONVERSATION FLOW

1. *Set up the conversation*

Introduce the idea and benefits
Ask permission

2. *Assess illness understanding and information preferences*

3. *Share prognosis*

Tailor information to patient preference
Allow silence, explore emotion

4. *Explore key topics*

Goals
Fears and worries
Sources of strength
Critical abilities
Tradeoffs
Family

5. *Close the conversation*

Summarize what you've heard
Make a recommendation
Affirm your commitment to the patient

6. *Document your conversation*

PATIENT-TESTED LANGUAGE

SET UP

"I'm hoping we can talk about where things are with your illness and where they might be going — **is this okay?**"

ASSESS

"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 from me?"

SHARE

Prognosis: "I'm worried that time may be short."
or "This may be as strong as you feel."

EXPLORE

"What are your most important **goals** if your health situation worsens?"

"What are your biggest **fears and worries** about the future with your health?"

"What gives you **strength** as you think about the future with your illness?"

"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?"

CLOSE

"**It sounds like** _____ is very important to you."

"Given your goals and priorities and what we know about your illness at this stage, **I recommend...**"

"**We're in this together.**"



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