

Appendix B. Examples of Jumpstart-Tips Forms

I improving
C communication about
S serious
I illness

"Jumpstart" Form: Your Patient's Perceptions of Communication and Care

CLINICIAN SAMPLE

This is information for your patient, [patient name], that may help you have a conversation about goals of care. Your appointment with this patient is coming up on [appointment date].

Here's a summary of what your patient endorsed on our questionnaire about medical care choices. Some of these choices concern medical care in current health and others are about medical care if your patient's health were to worsen. You can use this Jumpstart form to save time and do a few minutes of advance planning.

Is your patient ready? [yes or no]

Ever discussed preferences if/when too sick to speak for self?NO
Want to discuss/discuss more?YES

STUDY SUGGESTION: Go for it! Try saying: "I am interested in knowing your thoughts about that Jumpstart form"

What is your patient's perception of current care? [quality of life (relieving pain/discomfort) versus extending life]

Prefers to focus onQUALITY OF LIFE
Perception that care now is focusing onQUALITY OF LIFE

STUDY SUGGESTION: Your patient seems to feel that [he/she] is getting the care [he/she] wants at this point. Because the patient is focused on quality of life, consider whether completion of a POLST form or identifying a surrogate decision maker would be useful. Assess whether the patient is interested in referral to palliative care.

What makes it hard for your patient to talk about this? [barriers]

- "I would rather concentrate on staying alive than talk about death."

STUDY SUGGESTION: Acknowledge patient's worry (emotion). Try saying: "Some people find it hard to talk about their health care in the future. Would you consider giving it a try for a few minutes? At any time, you can just say, 'Okay, that's enough for today.'"

In the future: [want/don't want CPR]

In current state of health..... DEFINITELY WANTS CPR
In state of dependent on others for ADLs DEFINITELY DOES NOT WANT CPR

STUDY SUGGESTION: Confirm patient's desire to receive CPR currently. Try saying: "You have indicated that you would want to receive CPR if your heart were to stop beating, but not if you become permanently dependent on others. Are there any other treatments or situations that we should talk about?"

Wrap-up and thank you

Thank you for your participation and please remember to document any discussions you have with the patient in the medical record.

I improving
C communication about
S serious
I illness

PATIENT SAMPLE

Getting a “jumpstart” on your appointment with your doctor.

Thank you for being in our study. You filled out a questionnaire for us a little while ago. This is a friendly reminder that you will have an appointment with your doctor soon. We want to help you make the most of your appointment.

Talking to your doctor about your medical care: It’s easier than you think.

Your doctor is interested in hearing your thoughts and worries about your medical care. The doctor will be grateful that you are willing to talk. You don’t have to go into lots of detail. Just get the conversation started.

Here are 2 important questions: [Take this sheet of paper in to your appointment!]

1. Could we talk about what I want if something serious were to happen *now* in my current health?
2. I am hoping for the best, but I also want to plan if something serious were to happen *in the future*. Could we talk about that?

If you feel a little nervous . . .

It’s okay! Many people think that the doctor might not have time, or might know best—but remember that you are the expert on what is important in your life. So just give these questions a try!

Here is some information from your questionnaire. These are just reminders for you. You can change your mind at any time.

We asked: *Have you talked to your doctor about medical care you want if you got too sick to speak for yourself?*
You answered: NO

We asked: *Would you like to talk about what is important in your medical care if you got too sick to speak for yourself?*
You answered: YES

We asked: *Do you prefer that your medical care is more focused on extending life or on quality of life?*
You answered: My priority is on QUALITY OF LIFE (relieving pain and discomfort).
Is your current medical care more focused on extending life or on quality of life?
You answered: Seems focused on QUALITY OF LIFE

Have you thought about whether you would want CPR?

We hope this information is useful. Feel free to take this to your appointment—pull it out when you are talking to your doctor or nurse.