

# Serious Illness Conversation Guide - Surrogate Clinical Nutrition

SET UP

I'd like to **talk together** about what's happening with \_\_\_\_\_'s [eg. your wife's, husband's, other relationship description or name] nutrition and **what matters to them. Would this be okay?**

ASSESS

To make sure I share information that's helpful to you, can you tell me **your understanding** of what's going on with \_\_\_\_\_'s nutrition now?

How much **information about what might be ahead** with \_\_\_\_\_'s nutrition would be helpful?

SHARE PROGNOSIS

I want to share **my understanding** of where things are with \_\_\_\_\_'s nutrition: **[Choose one]**

**Uncertain:** It can be difficult to predict what will happen. **I hope they will be able to** [eat normally again, regain weight, tolerate TPN or tube feeding] for a long time, and we will work toward that goal. **It's also possible that they could get sick quickly**, and I think it's important that **we prepare** for that.

**Function:** It can be difficult to predict what will happen. **I hope they will be able to nourish themselves** for a long time, and we will work toward that goal. **It's also possible that it may get harder to get the nutrition they need** [if applicable to tolerate medical treatment] because of their illness, and I think it's important that **we prepare** for that.

**Pause: Allow silence. Validate and explore emotions.**

EXPLORE

If their health gets worse, what do you think are \_\_\_\_\_'s **most important goals**?

What do you think are \_\_\_\_\_'s biggest **worries** about the future with their [eating/drinking/TF/TPN/nutrition]?

What nutrition-related **activities** bring joy and meaning to their life that you can't imagine them living without?

If \_\_\_\_\_ was **unable to eat by mouth**, would they want to be fed through a nasal tube or an IV line if doctors felt it was appropriate?

How much do the **people closest to** \_\_\_\_\_ know about \_\_\_\_\_'s priorities and wishes for their eating and nutrition?

Having talked about all of this, what are \_\_\_\_\_'s **hopes** for their nutrition?

CLOSE

I've heard you say \_\_\_\_\_. Keeping that in mind, and what we know about \_\_\_\_\_'s health and current nutrition, I **recommend** that we \_\_\_\_\_. I will also pass this information to the rest of your healthcare team. This will help us make sure that \_\_\_\_\_'s **nutrition plan reflects what's important to them. How does this plan seem to you?**

**We will do everything we can** to help you and \_\_\_\_\_ through this.

**Handoff to Key Clinicians**

I talked with the patient's surrogate about \_\_\_\_\_. I learned \_\_\_\_\_. I think they would benefit from talking with you about \_\_\_\_\_.



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