

## Why use the SPICT™?

The SPICT™ helps professionals identify people with general indicators of poor or deteriorating health and clinical signs of life-limiting conditions for assessment and care planning.

What will happen to each person and when is often uncertain. SPICT™ looks at health status not a prognostic time frame. Identifying people with deteriorating health earlier improves care.

## Using SPICT™ to assess people's needs and plan care.

- After an **unplanned hospital admission** or a **decline in health status**: review current care, treatment and medication; discuss future options; plan for managing further deterioration.
- For people with **poorly controlled symptoms**: review and optimise treatment of underlying conditions, stop medicines not of benefit; use effective symptom control measures.
- Identify people who are **increasingly dependent on others** due to deteriorating function, general frailty and/or mental health problems for additional care and support.
- Identify people (and caregivers) with **complex symptoms or other needs**; consider assessment by a specialist palliative care service or another appropriate specialist or service.
- Assess **decision-making capacity**. Record details of close family/ friends and any POA or proxy for decision-making and involve them if the person's capacity is impaired.
- Identify people who need proactive, **coordinated care in the community** from the primary care team and/or other community staff and services.
- Agree, record and share an **Advance/ Anticipatory Care Plan**; include plans for emergency care and treatment if the person's health (or care at home) deteriorates rapidly or unexpectedly.

## Talking about future care planning

- Ask:
  - What do you know about your health problems and what might happen in the future?
  - 'What matters' to you? What are you worried about? What could help with those things?
  - Who should be contacted and how urgently if your health deteriorates?
- Talk about:
  - The outcomes of hospital admission and treatments such as: IV antibiotics; surgery; interventions for stroke, vascular or cardiac disease; tube or IV feeding; ventilation.
  - Treatments that will not work or have a poor outcome for this person. (eg. CPR)
  - POA or proxy for decision-making in case the person loses capacity in the future.
  - Help and support for family/ informal caregivers.

## Tips on starting conversations about deteriorating health

- *I wish we had a treatment for..., but could we talk about what we can do if that's not possible?*
- *I am glad you feel better and I hope you will stay well, but I am worried that you could get ill again...*
- **Can we talk** about how we might manage with not knowing exactly what will happen and when?
- *If you were to get less well in the future, what would be important for us to think about?*
- **Some people** want to talk about whether to go to hospital or be cared for at home....