



## **Interview Skills for Advance Care Planning with Adults with Chronic, Progressive Illness**

- 1. Assess the motivation, knowledge and beliefs of the individual you are assisting.**
  - “Tell me what brings you here today?”
  - “What do you understand about advance care planning and/or advance directives?”
  - “I see that you have completed an advance directive. Can you tell me what you hope this work that you’ve done will do for you?”
- 2. Explore understanding of health/medical condition.**
  - “Tell me what you understand about your \_\_\_\_\_ condition.”
  - “How has your health condition changed in the past months?”
  - “It seems like you have questions about your health condition that we should write down for you to discuss with your physician/nurse/other healthcare provider.” (Provide information **only** if able or appropriate.)
- 3. Explore experiences.**
  - “Have you had experiences with family or friends who became seriously ill and decisions about life-sustaining treatment had to be made? What did you learn from these experiences?”
  - “I see that you were in the hospital recently. What did that experience mean to you?”
- 4. Explore concept of “living well.”**
  - “What activities or experiences are most important for you to live well?” (Or “What gives your life meaning?”)
  - “What fears or worries do you have about your illness or medical care?” (Or “What needs or services would you like to discuss?”)
  - “What sustains you when you face serious challenges in life?” (Or “Do you have religious or spiritual beliefs that are important to you?”)



## **Interview Skills for Advance Care Planning with Adults with Chronic, Progressive Illness**

- 5. Explore understanding of potential complications.**
  - “As you know, you have an illness that makes it difficult to predict when a complication may occur and when decisions may have to be made on your behalf. Do you know what situations may occur and what decisions may need to be made?”
- 6. Explore understanding of healthcare decisions based on specific chronic illness and/or patient request, (e.g. CPR, artificial nutrition/hydration, mechanical ventilation) or involve another qualified professional).**
  - CPR example: “What do you understand about CPR? What has your physician told you about CPR? What do you think the success rate of CPR is, especially for someone with your medical condition?”
  - Artificial nutrition and hydration example: “What do you understand about feeding tubes? What questions do you have about artificial nutrition and hydration?”
- 7. Develop a list of identified questions or concerns and involve others as necessary.**
  - “You have identified some questions and concerns that I have written down. I suggest that we involve others who can address your concerns and provide the information or support your need.”
- 8. Explore individual’s perspective of comfort care.**
  - “There are many things we can do to make you comfortable. Can you tell me what being comfortable might mean to you? What fears or concerns do you have?”