

**What I Want**

Date \_\_\_\_\_

**DRAFT 9**

**My name is** \_\_\_\_\_

I am from \_\_\_\_\_

My home now is \_\_\_\_\_

I am \_\_\_\_\_ years old. My date of birth is \_\_\_\_\_

If I am not able to speak for myself I would like \_\_\_\_\_

\_\_\_\_\_ to speak for me.

**My main worry is** \_\_\_\_\_

**As my health gets worse I may get** \_\_\_\_\_

**If I become very sick, what matters most to me is** \_\_\_\_\_

- staying on my country.** I want to have as much treatment as possible at Derby Hospital, but I don't want to be transferred to Perth, or Darwin, for further treatment.
- staying at home,** or with my family. I don't want to stay in hospital for treatment. I want to go home, even if that means I may not receive treatment that could keep me alive a bit longer.
- being comfortable at the end of my life.** I don't want any treatment that will keep me alive longer, but I want treatment that will help me feel better at the end of my life (such as painkillers). I can have this treatment in hospital, if that is necessary, or at home if possible.
- trying every possible treatment to live longer,** even if it means humbugging me (like having medicine that could make me feel more sick, or needles, or tubes, or a surgical operation) and might take me away from home and family (eg transfer to Perth or Darwin).

**Resuscitation?**

**If my heart stops ...**

- I want the doctors and nurses to do everything that can be done to try to get it started again** (such as CPR, and having a breathing tube put down my throat). I know that this may not be successful, but I want to try everything possible. I know that if I choose this option I could end up being transferred to Perth.
- I want the doctors and nurses to keep me comfortable, and allow me to pass away peacefully, with no humbugging.**

**Further wishes:**

Signed: \_\_\_\_\_

Witnessed by: \_\_\_\_\_ *(sign and write name and relationship)*

Doctor / Nurse: \_\_\_\_\_

Date: \_\_\_\_\_

## Notes For the Health Professional

**"Medical treatment should be the servant of genuine human caring, never its master"**

**"What I Want"** is a statement of Goals of Care, or an Advanced Care Plan.

**"My main worry is ..."**

This is not necessarily the same as what we medical people consider the main health concern or worry. Ask the patient what is their main concern. It may not be a medical problem. There may be several.

**"As my health gets worse I may get:"**

Doctor to complete in discussion with patient to make realistic predictions.

Examples:

- weak, and unable to care for myself at home;
- short of breath / short-wind, hard to breathe;
- swelling up;
- feel sick all the time;
- get vomiting;
- hard to eat / hard to swallow;
- confused / muddled up;
- pain from ...

**"If I become very sick, what matters most to me is" \_\_\_\_** There is space to write what is wanted if they are clear about this, or if what matters most is not well represented in the four options presented.

If choosing one or more of these options make it clear which one, and cross out those parts that do not apply.

It is important to let the patient and relatives know that this is a guideline to help them articulate their wishes at this point in time. As time goes by, and circumstances change, they might change their mind, and that is okay. The expressed wishes of a patient will override any decision made here. They remain in full control.

Point out that we have very limited control over where they could go to if they are transferred out of Derby Hospital – it could be Perth or Darwin and we are not able to dictate which.

### **Resuscitation –**

It is important to point out that request for full resuscitation is not compatible with a wish to stay on country (no transfer to Perth) – if resuscitation is successful we are obliged to transfer to ITU in Perth.

There may be an option of limited resuscitation – eg defibrillate if indicated – stop if no response after 1,2,3 cycles – no intubation. Write this down if that is what is wanted.

Again, this is a decision that can be changed if they want to.