



ADOPT A PALLIATIVE APPROACH

A palliative approach takes principles of palliative care and

ADOPTS them EARLY in the course of a person's life-limiting condition

ADAPTS strategies to meet patient and family needs

EMBEDS practices into usual care in settings that do not specialize in palliative care

HOW?

Ask yourself: "Does this person have a life-limiting condition?"
"Would this person benefit from a palliative approach?"

Develop an understanding of the illness course and where the person is along their journey

Open conversations with people and their families to gauge understanding of their illness, what is most important to them, and their preference for care

Prioritize care - focus on what is important to people and their families

Tell people and their families about the illness and what can be expected in the future to inform their goals of care



ADOPT

WHY?

- ★ Aligns treatment decisions better with goals and wishes
- ★ Improves quality of life when preferences are known and respected
- ★ Reduces inappropriate or futile treatments
- ★ Encourages healthcare teams to "get on the same page" as the person and family
- ★ Supports communication and shared care planning among teams caring for the person
- ★ Gives team members permission to have conversations with the person and family about serious illness