

The SPICT helps us to look for people who have life shortening health conditions and are less well. These people need more help and care now, and a plan for care in the future. Ask these questions:

## Does this person have signs of poor health or health problems that are getting worse?

- ☐ Urgent or emergency hospital admission(s) or visits.
- ☐ Less able to manage usual activities; not as well as they used to be.  
(The person often stays in bed or in a chair for more than half the day).
- ☐ Needs more help and care from others due to increasing physical and/ or mental health problems.  
The person's carer needs more help and support.
- ☐ Has clearly lost weight over the last few months; or stays too thin.
- ☐ Has troublesome symptoms most of the time despite good treatment of their health problems.
- ☐ The person (or family) asks for palliative care; chooses to reduce, stop or not have treatment; or wishes to focus on quality of life.

## Does this person have any of these health problems?

### Cancer

- ☐ Less able to manage usual activities; health is getting poorer.
- ☐ Not well enough for cancer treatment or treatment is to help with symptoms.

### Dementia or frailty

- ☐ Unable to dress, walk or eat without help.
- ☐ Eating and drinking less; difficulty with swallowing.
- ☐ Has poor control of bladder and bowels.
- ☐ Not able to communicate by speaking; not responding much to other people.
- ☐ Frequent falls; fractured hip.
- ☐ Frequent infections; pneumonia.

### Nervous system problems

(e.g., Parkinson's disease, stroke, motor neurone disease)

- ☐ Physical and mental health are getting worse.
- ☐ More problems with speaking and communicating; swallowing is getting worse.
- ☐ Chest infections or pneumonia; breathing problems.
- ☐ Ongoing disability with increasing physical and/or mental health problems after one or more strokes.

### Heart or circulation problems

- ☐ Heart failure or heart blood vessel disease. Short of breath when resting, moving or walking a few steps.
- ☐ Leg problems due to poor blood circulation; surgery is not possible.

### Lung problems

- ☐ More unwell with long term lung problems. Short of breath when resting, moving or walking a few steps even when the chest is at its best.
- ☐ Needs to use oxygen for most of the day and night.
- ☐ Has needed treatment with a breathing machine in hospital.

### Other conditions

- ☐ People who are less well with other life shortening physical or mental illnesses or health conditions. There is no treatment available or it will not work well.

### Kidney problems

- ☐ Kidneys are not working well; general health is getting poorer.
- ☐ Stopping kidney dialysis or choosing palliative care instead of starting dialysis.

### Liver problems

- ☐ Worsening liver problems in the past year with complications like:
  - fluid building up in the belly
  - being confused at times
  - kidneys not working well
  - infections
  - bleeding from the gullet
- ☐ A liver transplant is not possible.

## What we can do to help this person and their family.

- ☐ Start talking with the person and their family or carer about help needed now and why making plans is important in case things change.
- ☐ Ask for help and advice from a nurse, doctor, social worker or other staff if the person or family needs a review of their care and support.
- ☐ We look at the person's medicines and other treatments to give the best care. Holistic care includes symptoms, emotional, social, financial, or spiritual problems.
- ☐ Ask for specialist help if symptoms or problems are difficult to manage.
- ☐ Care plans are shared with staff who need to see them and kept up to date.