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| *Your translated text goes after each line in English* | | |
| **The SPICT™ helps us 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.** | | |
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| **Does this person have signs of poor health or health problems that are getting worse?** | | |
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| * Urgent or emergency hospital admission(s) or visits. | | |
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| * Less able to manage usual activities; not as well as they used to be. (Person often stays in bed or in a chair for more than half the day.) | | |
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| * Needs more help and care from others due to increasing physical and/or mental health problems. * Person’s carer needs more help and support. | | |
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| * Has clearly lost weight over the last few months; or stays too thin. | | |
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| * Has troublesome symptoms most of the time despite good treatment of their health problems. | | |
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| * The person (or family) asks for palliative care; chooses to reduce, stop or not have treatment; or wishes to focus on quality of life. | | |
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| **Does this person have any of these health problems?** | | |
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| **Cancer** | **Heart or circulation problems** | **Kidney problems** |
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| Less able to manage usual activities and health is getting poorer. | Heart failure or heart blood vessel disease. Short of breath or has chest pain when resting, moving or walking a few steps. | Kidneys are not working well; general health is getting poorer. |
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| Not well enough for cancer treatment or treatment is to help with symptoms. | Leg problems due to poor blood circulation; surgery is not possible. | Stopping kidney dialysis or choosing palliative care instead of starting dialysis. |
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|  |  | Stopping or not starting dialysis |
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| **Dementia or frailty** | **Respiratory problems** | **Liver problems** |
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| Unable to dress, walk or eat without help. | 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. | 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 |
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| Eating and drinking less; difficulty with swallowing. | Needs to use oxygen for much of the day and night. |  |
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| Has poor control of bladder and bowels. | Has needed treatment with a breathing machine in hospital. |  |
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| Not able to communicate by speaking; not responding much to other people. |  |  |
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| Frequent falls; fractured femur. |  |  |
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| Frequent infections; pneumonia |  |  |
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| **Nervous system problems** | **Other conditions** | |
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| Physical and mental health are getting worse. | 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. | |
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| More problems with speaking and communicating; swallowing is getting worse. | **What we can do to help this person and their family.** | |
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| Chest infections or pneumonia; breathing problems. | Start talking with the person and their family or carer about help needed now and why making plans is important in case things change. | |
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| Ongoing disability with increasing physical and/or mental health problems after one or more strokes. | 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. | |
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|  | 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. | |
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|  | Ask for specialist help if symptoms or problems are difficult to manage. | |
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|  | Care plans are shared with staff who need to see them and kept up to date. | |
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