University of St Andrews

Supportive and Palliative Care Indicators Tool: SPICT-4ALL in Prisons

NHS SCOTLAND

The SPICT helps us look for people who have life shortening 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 or worsening health?

- Urgent or emergency hospital admission(s) or visits.
- General health is poor or getting worse. 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. (e.g. social care package or Prison Buddy, wheelchair needed to get around prison).
- Officers are worried about this person's health and welfare.
- Has lost a noticeable amount of weight over the last few months; or stays underweight.
- Has troublesome symptoms most of the time despite good treatment of their health problems.
- The person has decided not to have any more treatment or stopped treatment; or the person wishes to focus on quality of life; or asks for palliative care.

Does this person have any of these health problems?

Cancer

Less able to manage usual activities and 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

(eg 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 or has chest pain when resting, moving or walking a few steps.

Very poor circulation in the legs; 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.

Kidney problems

Kidneys are not working well and 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.

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.

What we can do to help this person.

- Start talking with the person about why making plans for care is important. (Include family/close friend if appropriate).
- Ask for help and advice from staff who can review the person and plan care (e.g., nurse, doctor, social worker, palliative care specialist).
- Look at the person's medicines and other treatments. Are some not helping now or need changed? Do we need 'see to take'? Get advice if symptoms or problems (emotional, social, functional, spiritual) are hard to manage.
- Plan early if the person might not be able to decide things in the future. (Offer advance/future care planning).
- Record the care plan and share it with people who need to see it. Keep plans up to date. (Use the correct systems and care plans).

Please register on the SPICT website (www.spict.org.uk) for information and updates.

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