

Preparing for a Serious Illness Conversation: INTRODUCING THE WHAT MATTERS TO ME WORKBOOK

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WORKBOOK

What Matters to Me

A Patient's Guide to Serious
Illness Conversations

“It’s very useful for all the right reasons... people in the medical profession know a lot about the science and the disease...but sometimes they don’t get around to what the patient actually wants. **What I like about the Workbook is it specifically addresses what the individual wants and how the individual plans to be cared for in challenging times.**”

-Don, lung transplant survivor

The What Matters to Me Workbook is designed to help seriously ill patients, their families, and people important to them prepare to talk with health professionals about goals, values, and preferences.

This Workbook reflects efforts from Ariadne Labs and The Conversation Project to ensure that their tools work towards a common goal: a well-prepared patient and family.

BACKGROUND & DEVELOPMENT

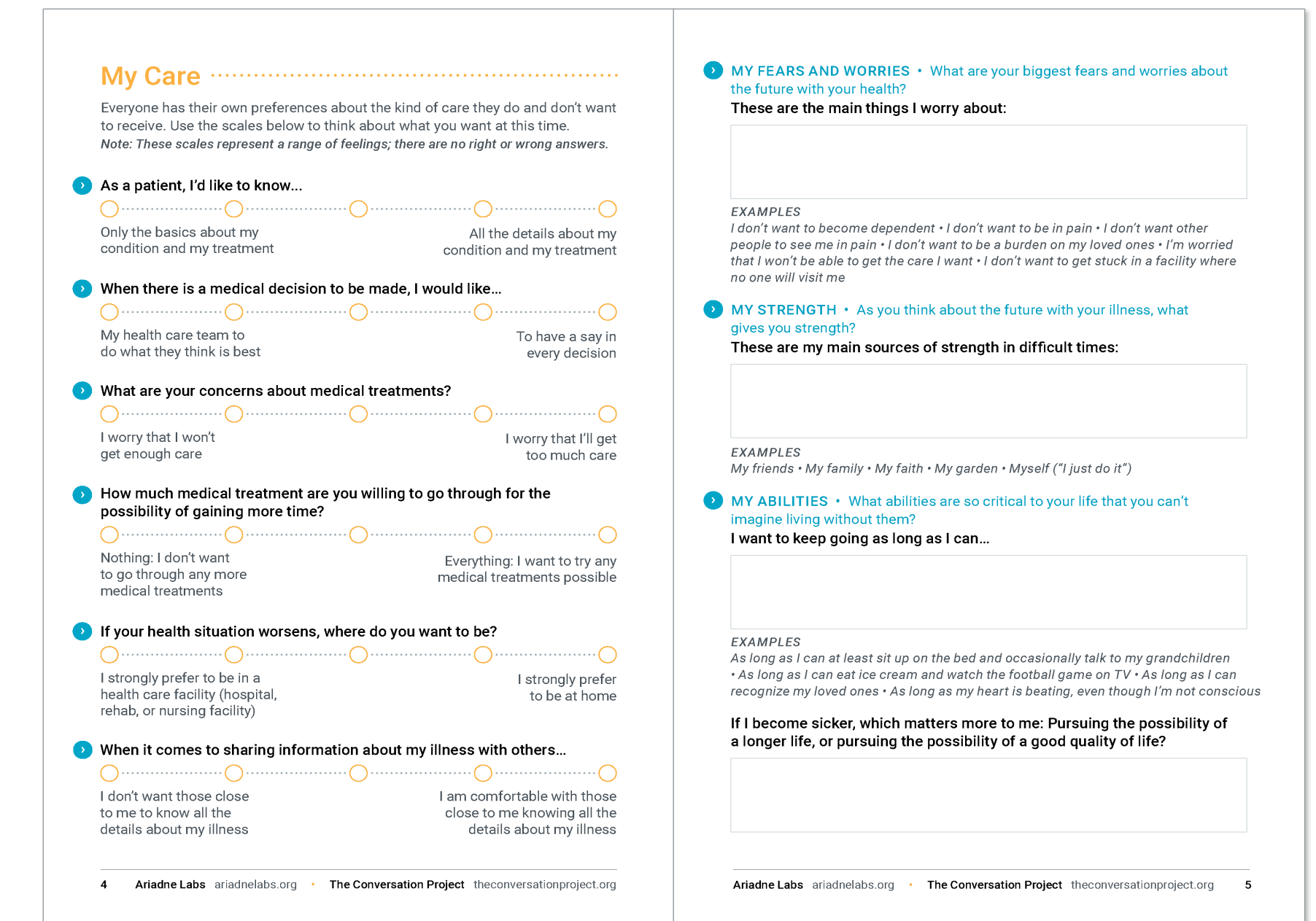
Ariadne Labs created the Serious Illness Conversation Guide to help clinicians and health systems have more, earlier, and better conversations with their seriously ill patients about prognosis, values, and preferences. The Conversation Project developed the Conversation Starter Kit to help any person begin to think and talk about advance care planning.

But ideally, clinicians, patients, and family members are all prepared to have the same conversation. Thus, we combined questions and order from the Serious Illness Conversation Guide with language and design features of the Conversation Starter Kit to create the *What Matters to Me Workbook*.

We developed it through iteration with feedback from diverse stakeholders via an online survey and an interactive webinar. Stakeholders included advance care planning and health communication experts, and representatives from community-based faith and patient advocacy organizations.

USE CASES

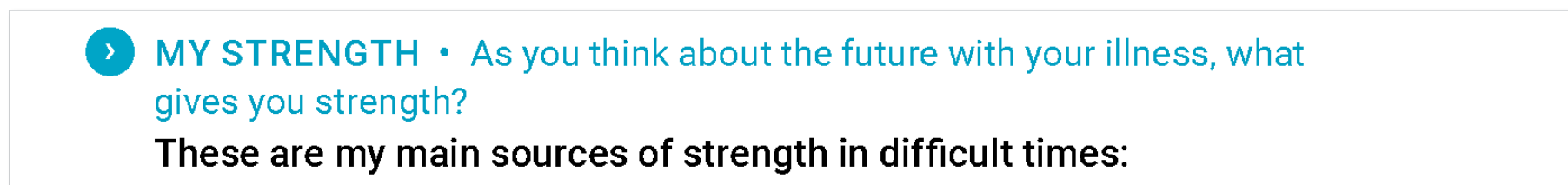
- ✓ Clinicians can give the Workbook to patients to help them prepare for a future conversation.
- ✓ Patients or caregivers can use the Workbook to align their thinking and get ready to talk to health professionals.



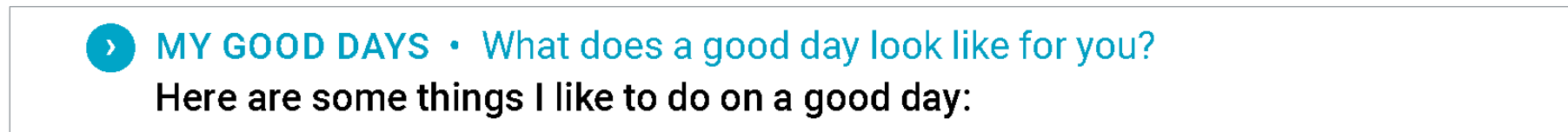
PATIENT-CENTERED DESIGN

The Workbook asks the patient...

- ✓ “What is your understanding of your current health situation?”
- ✓ Open-ended questions about their goals, fears and worries, strengths, critical abilities, and tradeoffs.



- ✓ Questions to help consider their quality of life.



- ✓ Likert Scale questions about values and preferences.



It finishes by walking the patient through steps to assign a health care proxy and to identify people important to them.

