

The SPICT™ helps us to look for people who are less well with one or more serious health problems. 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?

- Unplanned (emergency) admission(s) to hospital. ☐
- General health is poor or getting worse; the person never quite recovers from being more unwell. (This means the person is less able to manage day to day life and often stays in bed or in a chair for more than half the day). ☐
- Needs help from others for care 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 getting poorer. ☐
- Not well enough for cancer treatment or treatment is to help with symptoms. ☐

Dementia/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, MS, 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. ☐
- Severe stroke with loss of movement and ongoing disability. ☐

Heart or circulation problems

- Heart failure or has bad attacks of chest pain. Short of breath when resting, moving or walking a few steps. ☐
- Very poor circulation in the legs; surgery is not possible. ☐

Lung problems

- 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 the hospital. ☐

Other conditions

- People who are less well and may die from other health problems or complications. There is no treatment available or it will not work well. ☐

Kidney problems

- Kidneys not working well; general health is getting poorer. ☐
- Stopping kidney dialysis or choosing supportive 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 about any help needed now and why making plans for care is important in case things change. ☐
- Ask for help and advice from a nurse, doctor or other professional who can assess the person and their family and help plan care. ☐
- We can look at the person's medicines and other treatments to make sure we are giving them the best care or get advice from a specialist if problems are complicated or hard to manage. ☐
- We need to plan early if the person might not be able to decide things in the future. ☐
- We make a record of the care plan and share it with people who need to see it. ☐