

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.