The Johns Hopkins Palliative Care Checklist For Patients

What issues that I should address at this time?

Since ____________ is such a serious illness, and life becomes more uncertain, we suggest creating a list of tasks.

- Do you have someone who will speak for you, if you can’t speak for yourself about medical issues, like CPR? For instance, if you could not speak for yourself, whom would you want to make decisions about your care?

- Do you have a will?

- Do you have a living will? Some people wish to specify their wishes about medical treatments in advance to help provide guidance for their loved ones.

- An issue that many people have to consider when they have a serious illness is what to do if their heart or breathing were to stop. Based on what we know about your condition _________________, we think there is a low likelihood that efforts to bring back your heart or breathing would be successful. If your heart stopped beating, or you stopped breathing, due to the _________________ worsening, would you want resuscitation (CPR) attempted, or would you prefer to be allowed to die naturally without resuscitation?

- Are there any family issues to address?

- Are there any spiritual issues to address?

- Are there any financial issues to address?

- Some people use this time to discuss with their loved ones how they would like to spend the rest of their life. For instance, how and where do you want to spend your last days? Do you want to have hospice involved?

- Some people use this time to create a life review, including what they have learned during life that they want to share with their families and planning for events in the future like birthdays or weddings. It could include making a journal or creating DVDs or videotapes of important things the person wants to pass along to loved ones.