

## PALLIATIVE APPROACH FAMILY MEETINGS

A palliative approach family meeting is a planned meeting using a structured process that is indicated by utilising the 'Framework to Guide the Use of Key Processes in Palliative Care' flowchart, recent CHES score (InterRai) and SPICT tool<sup>1</sup>. It is held between the resident (if possible), their family, whānau, and the aged care team. The aim of the palliative care approach family meeting is to ensure the resident's goals of care, including end of life wishes, are clearly identified and captured in an individualised care plan. This also involves reviewing any advance care plans and advanced directives. The family meeting is a safe environment where issues and questions about palliative and end of life care can be raised and appropriate strategies agreed upon by reaching consensus of treatment and care.

Ideally there is a facilitator for the meeting, who will co ordinate the attendees, time and place of the meeting, and works with colleagues to identify any concerns the aged care team may have about the resident. Once the meeting has taken place it is the responsibility of the facilitator to formulate a care plan, and continue regular communication with the resident, family, whanau and the aged care team. The goals identified from the meeting will then be reviewed regularly.

It is important that those with legal decision making responsibilities for the resident are present e.g Enduring Power of Attorney.

Pre planning is essential as the meeting is an opportunity for family to have their questions answered in regards to their preferences for care, to formulate an agreed care plan.

The structure of the Palliative Approach Family Meeting includes<sup>2</sup>:

- Introductions
- What does the family/ resident already know?
- Review the family questionnaire
- Discuss current health status, prognosis, and treatment options
- Review advance care plan, advanced directive
- Attempt to reach consensus about current and future care plan

The template for the Palliative Approach Family meetings is included in this folder or can be found on the Arohanui Hospice website: <http://www.arohanuihospice.org.nz/>.

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1. Residential Aged Care Palliative Approach Toolkit. Retrieved from <https://www.caresearch.com.au/caresearch/tabid/3629/Default.aspx>  
2. SPICT – [www.spict.org.uk](http://www.spict.org.uk)