

Annotated Patient Health Priorities Template

Component	Rationale	Example Scripts
Current Function and Support:	Knowing patients' current function helps assess whether the health outcome goals are realistic and achievable. Knowing patients' support system is important in decision making.	
Health trajectory: Likelihood of death or change in function, health status, and quality-of-life which older adults with MCCs often prioritize. Some patients want to know how long they may live, others want to know about specific situations such as how long they may be able to live independently in their house, or whether they will likely need frequent hospitalizations.	Knowing patients' health trajectories help assess whether their health outcome goals are realistic and achievable. Aligning care with patients' health trajectory can be difficult without knowing patients' understanding of their current health and trajectory. Knowing patients' perceptions of their trajectory helps frame conversations around potential recommendations.	Not everyone is ready or interested in discussing their trajectory so should be pursued only in those who respond affirmatively to a question such as: "Have you thought about how your health and functioning are likely to be over the next several months or few years?" Are you interested in talking about it?"
Matters most (Values): Underlying values reflect what brings meaning in areas such as Connecting with people, community, spirituality; Enjoyment/ Productivity (e.g. doing things at home, working, learning, volunteering, recreation, hobbies); Health such as managing symptoms or balancing quality versus quantify of life; Functioning such as self-care, independence, autonomy.	Beginning with values and moving to activities that reflect those values results in more specific, actionable, and reliable health outcome goals. Values tend to be stable, even with changes in health or life. How the patient honors those values may change depending on current health and function.	<ul style="list-style-type: none"> - <i>What would you be doing if you were having a good day?</i> - <i>What comes to mind when you think about who or what matters most to you in your daily life?</i> - <i>Which activities do you find most important or fulfilling?</i> - <i>What specific things would you like to spend more time doing?</i>
SMART Health Outcome Goals: The specific, actionable, achievable, reliable, and realistic (SMART) activities that reflect a person's values and are the outcomes patients' most desire from their healthcare. For example, a patient may value connection with her granddaughter. The way she acts on this (i.e. her SMART Health Outcome Goal) may be to babysit once per week. Goals can be modified as health or life contexts change.	To inform decision-making, patient's desired health outcomes goals must be specific, actionable, reliable, etc. Using patients' specific goals in communication and decision-making focuses care on what matters most to them, ensures that all clinicians are aiming at the same target (rather than on potentially contradictory disease-specific outcomes), enhances adherence to recommendations, and provides a metric for judging the effect of clinical interventions.	<ul style="list-style-type: none"> - Specific (clearly defined actions) <i>Think about exactly what you are going to do, when, where, with whom, how often, and for how long.</i> <i>This helps you and your health care team figure out how your health care can help you achieve your goals.</i> - Actionable, Achievable, Realistic: (doing what matters most to you, given your health and functioning). <i>Keep in mind your current life and health circumstances, as well as improvements that may be possible with help from your health care team. Starting with what is realistic today will help you move towards what you want in the future. It's ok if it you can't do the activity today as long as you think you will be able to over time with help from your health care.</i>
Helpful care: The medications, self-management tasks, clinical	Identifying the care and treatment that a patient finds helpful and is	<i>It would be great if you could reach your health goals without treatments or lifestyle</i>

<p>visits, tests, or procedures, that patients' think are helping achieve their health goals and that they can do without too much difficulty</p>	<p>able and willing to do (or conversely, isn't helpful or is too difficult or bothersome) helps clinician a way to enhance recommendations with these care preferences in mind. The aim is to find a balance between: -the health goals desired and -health care tasks patient is willing and able to do to achieve these goals</p>	<p><i>changes that are hard or uncomfortable, but that is not always possible. You have to make difficult choices about which treatments offer benefits that are worth the discomfort or burden. We call these difficult choices tradeoffs. Thinking about the benefits and the burdens of your health care tasks will help you decide which tradeoffs make sense for you. Knowing your choices when faced with these tradeoffs is important in making sure your health care is right for you.</i></p>
<p>Difficult or bothersome care: The medications, self-management tasks, clinical visits, tests, or procedures that don't think are helping my goals and are bothersome or too difficult for me. I would like to talk with my doctor about whether these are helping my goals. If not, can I stop them or cut back? If they are helping, is there a way to make them less bothersome or less difficult?</p>	<p>If a healthcare activity is bothersome and you don't feel it is likely to help patient achieve what matters, then knowing it is bothersome provides an opportunity to discontinue it, making care less burdensome. If you feel it is important to achieving the patient's desired health goals, then knowing it is bothersome offers the opportunity to address this issue (as per Patient Priorities Decisional Guidance decisional guidance).</p> <p>Linking patients' outcome goals with the care they are or are not able to receive or do opens discussion of the tradeoffs inherent in managing chronic conditions.</p>	<p>Question to identify helpful health care tasks: <i>- What do you like best about your health care now and the way you and your health care team are managing your conditions?</i></p> <p>Questions to identify burdensome tasks: <i>-Which of your tasks are taking the most of your time? Does this time feel worth it for the benefit it gives you?</i> <i>- Which tasks or medications do you have a question about how they make you feel?</i> <i>-Are there any things that you do for your health that you would like to stop doing or do less of, if you could?</i> <i>-If you could change one thing about your health care, what would it be?</i></p>
<p>One Thing: - The one thing I most want to focus on is <i>(fill in a symptom or health problem that you think is keeping you from achieving your health outcome goal OR the healthcare task that is most bothersome or difficult)</i> - so that I can do <i>(most desired health goal)</i> more often or easily. -I think (health or healthcare issue) may be contributing. The 3 components are listed separately to guide the process but they all need to link together</p>	<p>There are usually many things going on with multiple conditions and no one best way to start. Formulating "One thing": 1) Helps get started on patient priorities based decisions; 2) Focuses clinical encounters, decision-making, and planning for persons with many conditions and complex care; 2) Clarifies and identifies where there is a disconnect between what realistic goals people want and what they are willing to do to achieve them; 4) Improves adherence by focusing on what patients want to focus on.</p>	<p><i>We know you may have a lot of symptoms or problems, but of those symptoms or problems which one do you think is most bothersome or most interfering with your health goal of [insert specific goal(s)] . Identifying the most bothersome will help your health care team get started.</i></p> <p><i>Prioritizing One Thing helps you and your health care team know where to start to make sure your health care addresses what matters most to you. Don't worry, it doesn't mean they won't address other problems, it's just a way to get started.</i></p>