Health Priorities Identification Quick Guide (For All Settings):

Patient Priorities Care is an approach that aligns care with what matters most to you (the patient). We find that we provide better care when we understand what matters to you about your health and health care.

I. Identify What Matters Most to You

We start with identifying what matters most to you (Your Values) because this show what's important even as life and health changes. The goal here is to understand what matters most to you within the context of your life and health. Start with thinking about what gives your life meaning, purpose, joy, or satisfaction.

Consider:

What would you be doing if you were having a good day?
Which activities would you like to spend more time doing?
Who or what matters most in your daily life?
What would you most like your health care team to support you with?

Examples: Taking care of family/friends and/or pets; reducing the amount of time I devote to my health care

Write up to 2 things that Matters Most to you in your life:

1._____
2._____

II. Set Your Health Goal

Health goals are activities that reflect putting your values into action and that your health care can help you achieve. Identify activities that you want to keep doing, or would like to be able to do, to live out the value identified in step I above. As you think about this, make sure your health goal is: 1) linked to what matters most to you (from step I above), 2) specific, 3) realistic within the context of your life and health, and 4) actionable (something your clinicians can help you with). Specific goals also help you and your health care team see if progress is being made.
→ *Note: Health goals can be updated over time as health and life circumstances change.*

Example of activities that are specific, realistic, and actionable health goals: I would like to go out to lunch with my friends once a week.

Think about one thing you really want to do and how your care can support you in achieving it:

Health Goal: (*Action)* I want to_____
for/in/over (*frequency, duration)*_____

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III. Review your Bothersome Health Symptoms, Problems, Healthcare Tasks & Medications

Think about the health goal you identified above. Consider all your health care, and the symptoms, health problems, tasks, or medications that you find most bothersome and may be keeping you from meeting your health goal. There may be several things that bother you and keep you from doing the activity (achieving the health goal) you listed above in section II.

For example:
Symptom: having low energy, being tired, or being in pain, etc.
Problem or Condition: heart disease, lung disease, depression, poor sleep, etc.
Task: many health care appointments, following a special diet, or frequently checking insulin
Medication: adverse effects from water pills or blood pressure pills, etc.

III a. Write down 1-4 of your most Bothersome Symptoms, Health Problems, Health Care Tasks or Medications: _____

III b. Now, of these bothersome problems, select the one that is the most interfering and keeping you from doing the goal (activity) you listed in section II, and that you want your clinicians to help you with first: _____

If is anything that you find particularly helpful and wouldn't want changed, you can list them here: _____

→ *Note: It's not always possible to reach your health goals without changes that are bothersome or uncomfortable. You may have to make difficult choices about which treatments offer benefits that are worth the burden. We call these difficult choices tradeoffs.*

IV. Choose The One Thing to Focus On (Top Priority)

Now that you've identified the problem you think is most keeping you from reaching your health goal, we want to make sure we have this information correct so your health care team will know what you most want to focus on first. This is called The One Thing and will give your clinicians a place to start. (Don't worry, they will continue addressing your other problems.)

Let's bring everything together: The One Thing (symptom, health problem, healthcare task, or medication) from what you listed in III b. above you most want to focus on… _____so that I can *(insert health goal from section* II*)* _____ more often or more easily.

→ Review your One Thing: Does that seem right? Is there anything you want to change?

patient priorities care
Age-Friendly Health Systems
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