

**It's complicated: A podcast about Healthcare Ethics in Practice
Series 5, Episode 3: Goals of Care simulation**

Host for this episode: Marika Warren

Guests: David Henderson and Sarah Manley

Simulated patient (Edward): Theofani Pitsiavas

DISCUSSION QUESTIONS

- Which part of the simulated conversation stood out to you? why?
- Were there any aspects of the conversation where you would have liked more information from the patient about their values and preferences?
- How might you help patients identify their values and preferences?
- How can a conversation like this benefit the patient and his family?
- Edward finds it difficult to talk with his wife and kids about his illness and what happens when he dies. Do you think this is common?
- Discuss different ways to make people (health care providers, patients and families) more comfortable talking about their values and preferences to help determine Goals of Care and Levels of Interventions. How do we 'normalize' these conversations?

RESOURCES

Ariadne Lab. Serious Illness Conversation Guide. Updated May 2023.

<https://www.ariadnelabs.org/wp-content/uploads/2023/05/Serious-Illness-Conversation-Guide.2023-05-18.pdf>

Other resources shared in this podcast were developed collaboratively by the **Nova Scotia Health Palliative Care Network**, the **Integrated Acute and Episodic Care Network**, and the **Interprofessional Practice and Learning Team**. This partnership ensured a comprehensive and inclusive approach to supporting care across settings.

- **Goals of Care (Clinical Practice Support/ Library Guide)**
<https://library.nshealth.ca/GoalsOfCare>
[note: this website includes links to resources developed for health care providers *and* resources developed for patients and families, including the patient education pamphlets individually linked below]
 - **Talking about your Goals of Care and Levels of Intervention:**
<https://www.nshealth.ca/patient-education-resources/2208>
 - **Nova Scotia Green Sleeve Information for Patients, Families, and Substitute Decision-Makers** <https://www.nshealth.ca/patient-education-resources/1833>
- **Conversations about Serious Illness (Clinical Practice Support/ Library Guide)**
<https://library.nshealth.ca/SeriousIllness>
- **Palliative Care (Clinical Practice Support/ Library Guide)**
<https://library.nshealth.ca/PalliativeCare>