

<u>Audit of Communication, CarE Planning, and Documen Tation:</u> A multicenter, prospective study

The ACCEPT Study

Patient Questionnaire Hospital or Acute Care Setting

Date of Interview	Interview Start Time:				
	Interview Stop Time:				
DD MMM YYYY	•				



Section 1: Patient Demographics

Age:years Sex (√) one: □Male □Female Current Marital Status (√) one: □ Married or living as married □ Widowed □ Never married □ Divorced or separated; not remarried	Education – highest level achieved (√) one: ☐ Elementary school or less ☐ Some high school ☐ High school graduate ☐ Some college (including CEGEP)/ trade school ☐ College diploma (including DEC)/ trade school ☐ Some university ☐ University degree ☐ Post Graduate
Last location of living in last month (√) one: (If in hospital, then month prior to hospitalization) ☐ Home ☐ Retirement Residence ☐ Long-Term Care or Nursing Home ☐ Rehabilitation Facility ☐ Ward in another hospital ☐ Other (specify):	How important is spirituality or religion in your life? (√) one □ Extremely important □ Very important □ Somewhat important □ Not very important □ Not at all important □ Don't know
Do you live alone? □Yes □No Home Health Care Does a health care professional come to your home or residential setting to provide health care? □Yes □No Location of last residence (√)one: (as noted above) □Rural □Urban Postal Code: □N/A (Non-Canadian)	Do you identify with a formal religious group or practice? (√) one □ Protestant (includes Anglican, Baptist, United, Methodist) □ Catholic □ Jewish □ Muslim □ Sikh □ Other (specify): □ None Ethnicity (interviewer assessment) Is the respondent Caucasian? □ Yes □ No
Health Insurance (√) all that apply: □ National, Provincial or other Government Health Insurance Plan □ Extended Health coverage (e.g. Blue Cross, Sun Life, etc.) □ Private Health Insurance □ Other (specify): □ None	Language Besides English (or French if live in Quebec) do you speak another language on a daily basis? ☐ Yes, specify: ☐ No
Health Literacy (REALM Score) (√) all correct ☐ Allergic ☐ Jaundice ☐ Anemia ☐ Directed ☐ Colitis ☐ Constipation ☐ Fatigue ☐ Osteoporosis ☐ Total correct:/ 8	



Section 1: Frailty Scale

Please consider your overall condition 2 weeks prior to this admission to hospital.

How fit or frail were you at that time point? Check one response only. If you have trouble deciding between two options, choose the <u>higher</u> functioning level.

(√)		Description
	•	Very Fit (category 1)
	4	People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.
		Well (category 2) No active disease symptoms but less fit than people in category 1. Often, they exercise or are very active occasionally, e.g. seasonally.
	¥	Well older adults share most attributes of the very fit, except for regular, vigorous exercise. Like them, some may complain of memory symptoms, but without objective deficits.
]	•	Managing Well (category 3)
	T	Medical problems are well controlled, but people in this category are not regularly active beyond routine walking. Those with treated medical problems who exercise are classed in categories 1 or 2.
		Vulnerable (category 4)
		Not dependent on others for daily help, but often symptoms limit activities. A common complaint is being "slowed up" and/ or being tired during the day. Many people in this category rate their health as no better than "fair".
	•	Memory problems, if present, can begin to affect function (e.g. having to look up familiar recipes, misplacing documents) but usually do not meet dementia criteria. Families often note some withdrawal – e.g. needing encouragement to go to social activities.
		Mildly Frail (category 5)
		More evident slowing and individuals help needed in "high" activities of daily living (finances, transportation, heavy housework, medications). Mildly frail people might have difficulty with shopping or walking outside alone, meal preparation, and housework. Often, they will have several illnesses and take multiple medications. This category includes people with mild dementia. Their common symptoms include forgetting the details of a recent event, even though they remember the event itself, asking the same question, or telling the same story several times a day and social withdrawal.
		Moderately Frail (category 6)
		Individuals need help with all outside activities and with keeping house . Inside, they often have problems with stairs and need help with bathing and might need minimal assistance (cuing, standby) with dressing. If a memory problem causes the dependency, often recent memory will be very impaired, even though they seemingly can remember their past life events well.
	•	Severely Frail (category 7)
		Completely dependent on others for all or most personal activities of daily living, such as dressing and feeding.
	4	Very Severely Frail (category 8)
		Completely dependent, approaching the end of life. Typically, people in this category could not recover from even a minor illness.

Section 2: Determinants of Decision Making

Now I am going to ask you some questions that may influence your decision making when you are sick.

1.	. Have you had the experience of making medical decisions at the end of life for another person in any setting (ICU, hospital, palliative care unit, etc.)?							
	□ Yes □	No						
2.	2. In general, how would you rate your health?							
	□ Excellent	☐ Very Good	☐ Good	☐ Fair	□ Poor			
3.	In general, h	ow would you rate	your overall	quality of lif	fe?			
	☐ Excellent	☐ Very Good	☐ Good	☐ Fair	☐ Poor			
m	ark the line to I	he following question indicate their views o d this a sensitive or o	on the question	n.				
4.	4. The line below represents a person's total lifetime from birth on the far left to death on the far right. Please make a mark on the line where you see yourself at this point in your life.							
	Birth	1				Death		
		Interviewer, please in centimeters (cm				or (birth) to this mark,		
	cm. If the respondent was unable to place a mark on the life line above, please note an alternative response below:							
	Į	☐ Respondent could	not answer (v	was not able	to verbalize a r	esponse)		
	☐ Respondent provided a verbal response:							



Section 3: Decisions About Your Health Care Prior to Hospitalization

1a) Ha	ve you heard about Advance Care Planning?
	⊒Yes ⊒No Ψ
b) If Ye	s, from which source:
יד 🗖	V or other media ☐ A health care provider ☐ A family member or friend
0	ther, please specify:
your wis health o to spea	ce Care Planning is thinking about your future health care treatment decisions and what shes are for end of life care. It is also about talking with your close family, friends, and care providers (like your doctor) so they know your thoughts and wishes if you are not able k and make decisions yourself. It also involves naming someone to make medical decisions if you are not able to speak for yourself.
would would would would would work.	ore being in the hospital, have you ever thought about what kinds of treatments you want, or not want, if your health got worse? For example, have you thought about the cardiopulmonary resuscitation (CPR), breathing machines, dialysis, Intensive Care Unit dmission, etc.
	⊒ Yes □ No
	his point in time, if life supports were needed to keep you alive, which option would efer for your care? Please check ($$) one.
Intervi	iewer please give respondent CARD 3 which explains life sustaining treatments and options.
Please	e check $()$ one.
	Use machines and all possible measures including resuscitation (CPR) with a focus on keeping me alive at all costs.
	Use machines and all possible measures with a focus on keeping me alive but if my heart stops, no resuscitation.
	Use machines only in the short term to see if I will get better but if my illness is prolonged, change focus to comfort measures only. If my heart stops, no resuscitation (CPR).
	Use full medical care to prolong my life but if my heart or my breathing stops, no resuscitation (CPR) or breathing machines.
	Use comfort measures only with a focus on improving my quality of life and comfort. Allow natural death and no artificial prolongation of life and no resuscitation.
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4.	How comfortable are you with thinking about medical treatment options at the end of
yc	ur life?

□ Very Uncomfortable

☐ Quite Uncomfortable

☐ Neutral (neither uncomfortable nor comfortable)

☐ Quite Comfortable

□ Very Comfortable

5. Please rate the importance of each one in your thinking about the use of life sustaining medical treatments as a part of your care.

Please circle one answer for each question on a scale of 1 to 10 where 1 is 'not at all important' and 10 is 'very important.' a) How important is it that I be Not at all Very Unsure or comfortable and suffer as little 2 3 9 10 4 5 6 7 8 important important Undecided as possible? b) How important is it that I have Not at all Unsure or Very more time in the future with my 1 2 3 4 5 6 7 8 9 10 important important Undecided family? c) How important is it that I live as Unsure or Not at all Very 2 3 5 7 8 9 10 1 4 6 long as possible? important important Undecided d) How important is it that I avoid Unsure or Not at all Very being attached to machines and 1 2 3 4 5 6 7 8 9 10 important Undecided important tubes? e) How important is it that my Unsure or Not at all Very 2 1 3 4 5 6 7 8 9 10 important important Undecided dying is not prolonged? f) How important is a **belief that** Not at all Very Unsure or nature should be allowed to take 2 9 3 4 5 6 7 8 10 important Undecided important its course? g) How important is the **belief that** Not at all Very Unsure or 2 3 4 7 8 9 10 5 6 Undecided important important life should be preserved? h) How important is it that I respect the wishes of other Not at all Very Unsure or 2 3 6 9 10 important important Undecided family members regarding my care?

6.	Prior to hospital, has a member of the health care team ever offered to arrange a time
wh	en you and your family can meet with the doctor to discuss the use of life-sustaining
tre	atments you would want, or not want, in the event your physical health deteriorated?

□ Yes □ No

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7. Prior to hospital, have you discussed your preferences for using or not using life sustaining treatments with anyone? □ Yes □ No ◆

If yes please complete table below.

	W	7	7	7	7	7	7	7		7
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ırsati	r/don	2	5	2	2	5	2	5	2	2
conve	Home Hospital ER Doctor office or clinic Lawyer office Don't remember/don't know Other (specify)	4	4	4	4	4	4	4	4	4
of o	Home Hospital ER Doctor office c clinic Lawyer office Don't rememb Other (specify)	က	က	က	3	က	က	3	3	က
Location of conversation	Home Hospital ER Doctor c clinic Lawyer Don't re Other (s	7	2	2	2	7	2	2	2	2
Poc	- U. W. 4. 0. 0. V.	_	-	-	_	-	_	_	1	-
Do you remember what was the trigger or what precipitated the conversation? (circle all that apply)	Previous personal health crisis or deterioration in health Previous experience with EOL treatment involving someone you cared about Doctor brought it up Getting older Other (specify)	2	2	2	2	2	2	5	2	5
nber t pre (circ	rsons perie volvir ght it ify)	4	4	4	4	4	4	4	4	4
emer wha tion?	us pe rratior us ex ent in about brou y olde (spec	က	က	3	3	က	က	ဗ	3	က
ou re er or rersa y)	Previous personal hea deterioration in health Previous experience v treatment involving so cared about Doctor brought it up Getting older Other (specify)	7	7	2	2	7	2	2	2	2
Do you trigger conver apply)	- 2 & 4.0 - 2	-	-	-	_	-	-	_	1	~
	<u></u>	2	2	2	2	2	2	5	2	2
If Yes, When was the last time you discussed these preferences with your	More than a year ago Within the last year year months Within the last 6 month Mothin the last month Mothin the last week week	4	4	4	4	4	4	4	4	4
If Yes, When we the last time you discussed these preferen with your	More than a ye ago Within the last Year Within the last I months Within the last month Within the last worth Within the last	က	က	က	3	က	က	က	3	က
If Yes, What the last tire you discust these preferences with your	More th ago Within t year Within t months Within t month Within t	7	7	2	2	7	7	7	2	7
If Yes the las you di these with y	- 7 6 4 G	_	-	_	1	_	-	-	1	_
	larly	က	က	က	3	က	က	က	3	က
If Yes, how often?	1. Once 2. A few times 3. Regularly	7	7	2	2	7	7	2	2	7
If Ye how ofter	÷ α, ω,	_	-	_	-	-	-	-	1	-
Have you had a discussion?		z	z	z	z	z	z	z	z	z
Have had a discus		>	>	>	>	>	>	>	>	>
		i. Family doctor	ii. Other doctor	iii. Nurse	iv. Social worker	v. Spiritual care	vi. Family member(s)	vii. Surrogate Decision Maker	viii. Lawyer	ix. Other specify
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8. Thinking about all the conversations you had with health care providers about ACP, was the timing of the conversations right for you?
 □ The conversation occurred far too late □ The conversation occurred a little too late □ The conversation occurred at the right time □ The conversation occurred a little too early □ The conversation occurred far too early
9. How comfortable are you talking to a family member about medical treatment options at the end of life?
 □ Very Uncomfortable □ Quite Uncomfortable □ Neutral (neither uncomfortable nor comfortable) □ Quite Comfortable □ Very Comfortable
Many people have gone to a lawyer and completed a power of attorney for financial and property matters or last will and testament. The following questions pertain to what planning you have done <u>as it relates to your future health care only</u> and not financial matters.
10. a) Have you written down your wishes about the medical treatments you would want (or not want) in the event that you are unable to speak for yourself? For example, do you have an advance care plan, advance directive or living will, or another written document
☐ Yes ☐ No ☐ Unsure
b) If Yes, which of the following were used? Check $()$ all that apply (Interviewer: Make sure they are not referring to a 'last will and testament' or 'power of attorney for finances documents' Do not accept these answers).
 □ Goals of Care designation/Level of Intervention/MOST □ DNR/DNAR/NO CPR form/options for care order/R3
☐ "My Voice" documents ☐ "Respecting Choice"
"Let Me Decide" bookletGeneric Living Will or Advance Directive
☐ Speak Up Campaign Workbook ☐ Other, Please specify:
11. Have you named someone, in writing, to be your substitute decision maker for medical treatment decisions? (eg. Power of Attorney for Person Care, Personal Directive, Representation Agreement, Mandate in Case of Incapacity) ☐ Yes ☐ No
12. <u>Prior to hospital</u> , did the doctor ever talk to you about a poor prognosis or indicate in some way that you had a limited time left to live?
□ Yes □ No

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Section 4: Goals of Care during Current Hospitalization

The following questions concern the treatments you would, or would not want, the doctors to perform should your condition deteriorate to the point of being life threatening during THIS HOSPITALIZATION. For example, some patients may have life-sustaining treatments used in the course of illness whereas others may not. By life sustaining treatments, we are referring to the use of cardiopulmonary resuscitation (CPR), breathing machines, dialysis, Intensive Care Unit (ICU) admission, etc. Please note that some of these questions may not be applicable to you because we are interviewing many people who may have problems that are more life-threatening than yours.

Interviewer please give CARD 4 to respondent.

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Since your admission, has a member of the health care team		Not at all Important	Not Very Important	Somewhat Important	Very Important	Extremely Important	Not at all Satisfied	Not Very Satisfied	Somewhat Satisfied	Very satisfied	Completely Satisfied
asked you if you had prior discussions or written documents about the use of life-sustaining treatments.	□ Yes □ No	1	2	3	4	5	1	2	3	4	5
2. offered to arrange a time when you and/or your family can meet with the doctor to discuss the treatment options and plans.	□ Yes □ No	1	2	3	4	5	1	2	3	4	5
3. provided you with printed information about goals of care discussions to read before you meet with the doctor.	☐ Yes ☐ No	1	2	3	4	5	1	2	3	4	5
4. asked you what is important to you as you consider health care decisions at this stage of your life (i.e., values, spiritual beliefs, other practices).	☐ Yes ☐ No	1	2	3	4	5	1	2	3	4	5
5. asked you if you had any questions or needed things clarified about your overall goals of care.	□ Yes □ No	1	2	3	4	5	1	2	3	4	5
6. asked you what treatments you prefer to have or not have if you develop a life-threatening illness.	□ Yes □ No	1	2	3	4	5	1	2	3	4	5
7. offered you an opportunity to discuss with members of the health care team what would happen if you lost your ability to consent to care.	☐ Yes ☐ No	1	2	3	4	5	1	2	3	4	5
8. informed you that you may change your mind about your decisions about goals of care.	□ Yes □ No	1	2	3	4	□ 5	1	2	3	4	5



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Since your admission, has a member of the health care team		Not at all Important	Not Very Important	Somewhat Important	Very Important	Extremely Important	Not at all Satisfied	Not Very Satisfied	Somewhat Satisfied	Very satisfied	Completely Satisfied
9. talked to you about a prognosis or indicated in some way that you have limited time left to live.	☐ Yes ☐ No	1	2	3	4	5	1	2	3	4	5
10. talked to you about the outcomes, benefits, and burdens (or risks) of life-sustaining medical treatments.	☐ Yes ☐ No	1	2	3	4	5	1	2	3	4	5
11. given you the opportunity to express your fears or discuss what concerns you.	☐ Yes ☐ No	1	2	3	4	5	1	2	3	4	5
12. offered you support from members of the health care team (e.g. spiritual care, social work, clinical nurse specialist) as needed.	□ Yes □ No	1	2	3	4	5	1	2	3	4	5
13. talked to you about outcomes, benefits, and burdens of focusing on quality of life and comfort care as the goal of your treatment (e.g. treating symptoms like pain without trying to cure or control the underlying illness).	☐ Yes ☐ No	1	2	3	4	5	1	2	3	4	5
14. helped you and/or your family access legal documents to communicate your Advanced Care Plans.	☐ Yes ☐ No	1	2	3	4	5	1	2	3	4	5



Section 5: CANHELP Lite

The following questions include items that are considered important in terms of quality of care for people with serious, life threatening illnesses. Please think about the health care that you have received *during the past month (this includes your time prior to and during this hospital visit)* from doctors, nurses and other health care professionals. For each question you will be asked to choose a number between 1 and 5 to indicate how satisfied you are with that particular aspect of your care -- the higher the number, the more satisfied you are. If you choose option #1 "Not at all Satisfied", for example, you will be indicating that this aspect of the care you received did not meet any of your expectations of high quality care. At the other end of the scale, your choice of option #5 "Completely Satisfied" will indicate that this aspect of the care you received met or exceeded your expectations of quality care.

All answers are confidential and will not be shown to doctors or other health care professionals who are responsible for your care. There are no right or wrong answers. Completely honest answers are most helpful! Please note that some questions may not be relevant to your situation, as we are interviewing people who may have more serious health issues than yours.

Interviewer, please give CARD 5 to respondent. If the respondent attempts to convey that the question is "not applicable or not relevant', then confirm with them they are 'satisfied' with the event and get their rating of satisfaction.

		□ Not At All	∾ Not Very	ა Somewhat	₽ Very	ഗ Completely
	pal Questions of Patient Satisfaction					
Α.	In general, how satisfied are you with the quality of care you received during the past month?					
Rela	tionship with the Doctors					
1.	How satisfied are you that your doctor(s) took a personal interest in you during the past month?					
2.	How satisfied are you that your doctor(s) were available when you needed them (by phone or in person) during the past month?					
3.	How satisfied are you with the level of trust and confidence you had in the doctor(s) who looked after you during the past month?					
Iline	ss Management					
4.	How satisfied are you that the <u>doctors and nurses</u> who looked after you <i>during the past month</i> knew enough about your health problems to give you the best possible care?					
5.	How satisfied are you that you were treated by those <u>doctors and</u> <u>nurses</u> in a manner that preserved your sense of dignity <i>during the</i> past month?					
6.	How satisfied are you that physical symptoms you had <i>during the</i> past month (for example: pain, shortness of breath, nausea) were adequately assessed and controlled?					
7.	How satisfied are you that emotional problems you had <i>during the</i> past month (for example: depression, anxiety) were adequately assessed and controlled?					
8.	How satisfied are you with the help you received with personal care during the past month (for example: bathing, toileting, dressing, eating)?					



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		→ Not At All	∾ Not Very	∾ Somewhat	♣ Very	ഴ Completely
9.	How satisfied are you that, <i>during the past month</i> , you received good care when a family member or friend was not able to be with you?					
10.	How satisfied are you that you were able to manage the financial costs associated with your illness <i>during the past month</i> ?					
11.	How satisfied are you with the environment or the surroundings in which you were cared for <i>during the past month</i> ?					
12.	How satisfied are you that the care and treatment you received during the past month was consistent with your wishes?					
Com	munication					
13.	How satisfied are you that the doctor(s) explained things relating to your illness in a straightforward, honest manner during the past month?					
14.	How satisfied are you that you received <u>consistent</u> information about your condition from all doctors and nurses looking after you during the past month?					
15.	How satisfied are you that the doctor(s) <u>listened</u> to what you had to say <i>during the past month</i> ?					
Deci	sion Making					
16.	How satisfied are you with discussions <i>during the past month</i> with your doctor(s) about where you would be cared for (in hospital, at home, or elsewhere) if you were to get worse?					
17.	How satisfied are you with discussions during the past month with your doctor(s) about the use of life sustaining technologies (for example: CPR or cardiopulmonary resuscitation, breathing machines, dialysis)?					
18.	How satisfied are you with your role during the past month in decision making regarding your medical care?					
19.	How satisfied are you with discussions during the past month, involving a <u>family member</u> or someone who would make decisions for you, about your wishes for future care in the event you yourself are unable to make those decisions?					
	ing at Peace					
20.	How satisfied are you that you were at peace during the past month?					

Section 6: Barriers & Facilitators

1. What is the one thing that makes it very difficult for you to participate in discussions about medical treatments at the end of life?
2. What is the one thing that went really well for you in your experience with these prior discussions about the medical treatments at the end of life?

Interviewer, record the interview stop time on the front page.

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Section 7: Documentation of ACP/AD In the Medical Record at the End of the Interview

.	1. At the time of the interview, who is the most responsible person/service looking after the patient?	nsible person/service looking after the patient?
	□ Primary Care Physician (i.e. patient's own GP)	☐ Hospitalist service
	Clinical Teaching Unit (CTU)	☐ Sub-specialty service
	☐ Other:	
7	2. A) Does your hospital use a standardized folder o	tandardized folder or any other strategy to easily localize ACP/AD tools in the medical record?

3. What was the ACP/GCD on the medical chart on the day of the interview? Specify below.

B) If yes, was the folder on the chart on the day of the interview? \Box Yes \Box No

Contents	Tool present in medical record?	Tool completed?	Completion Date YYYY-MM-DD	GoC Specified on Document (use taxonomy on next page)
 a) Goals of care designation/level of Intervention/MOST Form 	☐ Yes ☐ No ☐ NA	☐ Yes ☐ No ☐ Partially		
b) DNR/DNAR/No CPR form/Options for care order/R3	□ Yes □ No □ NA	☐ Yes ☐ No ☐ Partially		
c) Representation agreement/Personal Directive	☐ Yes ☐ No ☐ NA	☐ Yes ☐ No ☐ Partially		
d) ACP Tracking Record	□ Yes □ No □ NA	☐ Yes ☐ No ☐ Partially		
If Yes to d) Is there documentation of a discussion recorded on the tracking record?	☐ Yes ☐ No ☐ NA			
e) Advance Directive	□ Yes □ No □ NA	☐ Yes ☐ No ☐ Partially		
f) Generic Living Will	□ Yes □ No □ NA	☐ Yes ☐ No ☐ Partially		
g) "My Voice"/"Respecting Choice"/"Let Me Decide" documents	☐ Yes ☐ No ☐ NA	☐ Yes ☐ No ☐ Partially		
h) Other, please specify	☐ Yes ☐ No ☐ NA	☐ Yes ☐ No ☐ Partially		

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4. Is there evidence in the chart that some member of the health care team attempted t	0
reach the family physician or a community care worker (e.g. nursing home worker) abo	ut
this patient's prior expressed wishes?	

Goals of Care Designation Taxonomy

Alberta: R1 R2 R3 M1 M2 C1 C2

Refer to the Alberta Health Services Goals of Care Designation Order for a description of each designation.

British Columbia:

St Paul's: DNAR DNAR1 DNAR2 DNAR3 DNAR4 Full Code

Refer to Providence Healthcare DNAR orders for descriptions of each goals of care designation)

Fraser Health: MOST DNR M1 DNR M2 DNR M3 DNR C1 DNR C2 CPR C2

Refer to Fraser Health Medical Orders for Scope of Treatment form for descriptions of each goals of care designation

All other regions: 1 2 3 4 5 6 7 8

- 1 Use machines and all possible measures including resuscitation (CPR) with a focus on keeping me alive at all costs.
- 2 Use machines and all possible measures with a focus on keeping me alive but if my heart stops, no resuscitation.
- 3 Use machines only in the short term to see if I will get better but if my illness is prolonged, change focus to comfort measures only. If my heart stops, no resuscitation (CPR).
- 4 Use full medical care to prolong my life but if my heart or my breathing stops, no resuscitation (CPR) or breathing machines.
- 5 Use comfort measures only with a focus on improving my quality of life and comfort. Allow natural death and no artificial prolongation of life and no resuscitation.
- 6 Unsure, documentation unclear
- 7 No documentation
- 8 Other, specify: _____