

SENS -

A worksheet for important topics in serious illnesses

What is the purpose of this worksheet?

The aim of this worksheet is to create an overview of various problems but also strengths in an increasingly difficult, stressful and sometimes almost hopeless situation. It serves to coordinate planning and thus ultimately not to "drown" in the multitude of tasks and burdens. To make the best of a difficult life situation, to plan ahead and to keep a certain control - that is the goal.

This is a worksheet, which means that it can and should be worked on step-by-step. Ideally also together with the partner and family or friends, if this is desired and felt to be helpful.

The division into the four main areas of **S**ymptom management, **E**nd of life decisions, **N**etwork and **S**upport follows the experiences of many people who had to orient themselves in a similar situation - and the abbreviation then results in SENS - from Latin *meaning*. We hope this worksheet makes sense to you as well. We as a palliative team work with the same topic structure. This makes it easier for you and us to find a common language together.

You are also welcome to discuss the individual areas with your medical, nursing, psychological, pastoral care and social work specialists - in other words, with whom you trust. The document can and should serve as preparation for so-called roundtable discussions. These are planning discussions between you, your relatives and the specialists on the question of "how to proceed". You may also wish to draw up an advance directive based on these topics.

Ask us too - discuss your concerns with us. We see ourselves as your partners.

Your Palliative Care Team at the Inselspital

Symptom management

What problems/issues/symptoms are I most concerned about at present or for the future? In relation to which of the items listed below do I feel fear?

But also: what good experiences of my own have I already had in coping with these topics/ problems/ challenges/ symptoms (= so-called resources)?

<u>Physical</u>	<u>Psychic</u>	<u>Spiritual</u>	<u>Socio-cultural</u>
e.g. pain	e.g. limitations in thinking/ memory	e.g. faith/ religion	e.g. own role (family/job)
Nausea/vomiting	Confusion	Question of meaning	Traditions/ Rituals
Shortness of breath	Grief, anger	Hope	Relationship with other fellow human beings
Fatigue/weakness	Fear	Suffering	Relationship with professionals
Loss of appetite	Depression	Relationship with something greater	Financial worries
Digestion	Sleep disorder	Other:	Legal concerns
Other:	Body image change/ shame		Other:
	Feeling of loneliness		
	Other:		

My main resources/ sources of energy:

End of life decisions

How have I made important decisions in life so far (alone, with.....)? Or have I mainly relied on the advice of others or let them decide?

What is particularly important to me? What would I like to experience/do urgently in the coming time? What goals do I want to achieve (with the medical measures)?

What questions about my disease have not yet been answered? What (and how much) do I still want to know?

When it comes to dying, what still needs to be taken care of: what do I want to specify in advance (e.g., within the framework of a living will)? What is my position on life-prolonging measures, resuscitation in the event of circulatory arrest, the question of what should happen to my body if I am no longer alive (autopsy, organ donation)? Do I have certain wishes/ideas about what should be done with me when I can no longer decide for myself (incl. care, rituals, burial)?

Are there "unfinished business or things" that I really want to tackle or take care of?

Do I still need specific support (e.g. for financial matters)?

Network

If my state of health no longer improves significantly: Where would I prefer to be/ stay? What are the local conditions (e.g. stairs, access to bathroom/ WC etc.)?

Who can support me/my relatives when my strength decreases? Which people from my environment (family, friends) could I involve? Which specialists (e.g. social services, pastoral care, bridge service, Spitex, family doctor, volunteers, etc.) are available?

If a complication/emergency should arise: what do I/we do in concrete terms? What can I/we do in the private environment at the beginning, whom do we call then? Which specialists (e.g. Spitex, family doctor, mobile palliative service) can also come at night? Do we need the Sanpol ("144")? What does our "rescue chain" look like?

What alternatives for further care (e.g. nursing institution) do I have to consider and already plan concretely in advance if care at the place of my choice (e.g. at home) is no longer possible?

Support

Who of my most important/dearest relatives is most likely to need support themselves, who am I particularly worried about? Who are there already as supporters? Professionals? Family/friends? If I pass away, who can help after my death?

Further questions/ comments: