



## STOP!

You've arrived on shift and the patient handed over to you is suddenly looking worse... *Don't you wish someone had made a plan?*

### WHAT ARE TREATMENT PLANS?

- ✓ Proactive, individualised care plans for patients at risk of deteriorating.
- ✓ Can be a formal document like ReSPECT or a documented discussion in the notes.
- ✓ A collaborative plan to decide what would happen if the patient suddenly became more unwell.
- ✓ A guide to which life-sustaining therapeutic interventions would be appropriate if the patient deteriorated.
- ✓ They may include life-saving interventions like CPR, but also things like further blood tests, arterial blood gases and IV access, as well as end of life decisions.

## LOOK

**Around 1-in-3 patients admitted as an emergency will die within 12 months of admission.**<sup>(1)</sup>

**DO** Consider an **HONEST** and **ReSPECTFUL** treatment planning discussion for:

- Patients with an **uncertain recovery**<sup>(2)</sup>
- Patients at risk of deterioration or death. Consider **SPiCT guidance**<sup>(3)</sup>
- Patients with frailty scores of 7, 8 and 9.
- Patients with a palliative diagnosis.

**DO** Include interventions like CPR, invasive and non-invasive ventilation, but **ALSO** things like chaplaincy and preferred place of death.

**DO** Write the plan clearly in the notes.

**DO** Communicate appropriate elements of the plan to the patient's community team. Consider a **GREAT discharge**<sup>(4)</sup>

**DO** Review the patient and plan regularly to ensure that it is still appropriate.

**DON'T** Assume that what you or a patient's relative wants is what the patient wants – **ASK THEM!**

## LEARN

### REFERENCES

1. **Death within 1 year among emergency medical admissions to Scottish hospitals** (*BMJ*)  
<http://bit.ly/36HjUXM>
2. **#LightningLearning: Uncertain Recovery** (*EM3*)  
<http://bit.ly/30fnjuA>
3. **Supportive and Palliative Care Indicators Tool** (*SPiCT*)  
<https://spict.org.uk>
4. **#LightningLearning: GREAT Discharge** (*EM3*)  
<http://bit.ly/2tNLqUM>

# ReSPECT

**Recommended Summary Plan for  
Emergency Care and Treatment**