



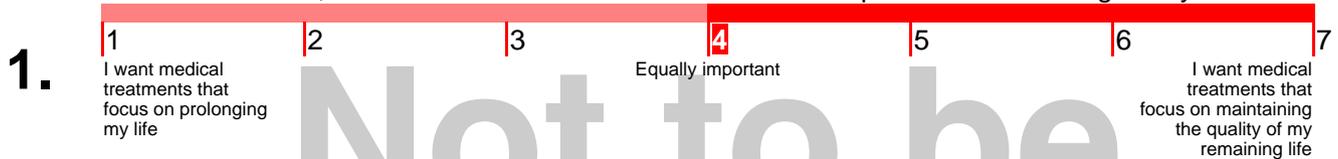
<https://www.planwellguide.com/>

## Goals of Care Designation Preparation

Dear Doctor,

I, **John**, participated in the Plan Well Guide website on **July 10, 2019** and wish to discuss or review with you my goals of care if I become seriously ill. By serious illness, I understand it to be a major medical problem where there is a possibility that I may die but there is also a possibility that I may get better. I understand that you can not predict the outcome, that I am making decisions today without knowing if I will recover or if I will die. I understand that we are not planning my terminal or end of life care; but rather, what to do in the event of a serious illness. I worked through one or more 'values clarification tools' that helped me think about and clarify what is important to me. I understand that some of these values compete with each other or that there are trade-offs. From my point of view, when considering treatments when I am seriously ill, the answers to the following questions show what is most important to me:

On a scale of 1-7, select the number to best describe how important the following is to you:



On a scale of 1-7, select the number to describe how important the following is to you when thinking about medical treatments:



I chose these answers because:  
This is why I selected these choices.

On a scale of 1-7, select the number to best describe how willing you are to accept the risks of ICU treatments/resuscitation:



On a scale of 1-7, select the number to describe how willing you are to accept a reduced ability to look after yourself or a lower quality of life following recovery from an ICU stay:



I chose these answers because:  
This is why I chose these options for slider 3 & 4.

I read information on the website about ICU, Medical Care and Comfort Care.

I scored 4/4 on the Types of Care quiz.

I watched a 7 min CPR Video Decision Aid\* that describes the process of CPR, discusses treatment options and outcomes and helps clarify what is best for different patient groups.

After reviewing the information on the Plan Well Guide website, I have the following preferences:

- 1. Use machines and all possible measures including admission to ICU and resuscitation (CPR) with a focus on keeping me alive at all costs.
- 2. Use machines and all possible measures including admission to ICU with a focus on keeping me alive but if my heart stops, no resuscitation (CPR).
- 3. Use machines and all possible measures including admission to ICU and CPR only in the short term to see if I will get better but if the illness is prolonged, change focus to comfort measures only. If my heart stops, no further resuscitation (CPR).
- 4. Use machines and all possible measures including admission to ICU (but no CPR) only in the short term to see if I will get better but if the illness is prolonged, change focus to comfort measures only. If my heart stops, no resuscitation (CPR).
- 5. Use full medical care to prolong my life but if my heart or my breathing stops, no resuscitation (CPR) or breathing machines.
- 6. 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 (CPR).
- 7. Unsure.

Some further questions/concerns I have are:

This is more information about why I selected those option and what i'd like done. I've also included a few questions I have about the process.

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Signature

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Date

**NOTE:** Your Plan ID Password for this plan is: **tfTntEU5pOUo5dIF**. This password can be used to load your plan online again at any time at <https://planwellguide.com/log-into-my-plan/?pc=tfTntEU5pOUo5dIF>.