



Goals of Care at the End of Life Toolkit

CHECKLIST

- Ask the patient, "What matters to you?". Find out what is important to them and make time for goals of care discussions. Practice asking open questions, e.g., "If you did become more unwell, what would be the most important things for you and your family?"

- Practice using the REMAP tool to support you in navigating complex conversations with patients, families, and other healthcare professionals.

- Include the patient's chosen family in the care team and invite them to contribute to the decision-making process. Check if your patient has discussed death and dying with their family. Have they nominated someone to make decisions when they can no longer do this themselves? Have they discussed their wishes and preferences with that person? Are their wishes formalised in an advance care plan or advance care directive, and if so, does the treating team have a copy?

- Help the patient identify multiple, achievable goals. Document agreed goals of care and track the patient's progress.

- Support the wishes of patients who want to include religious or cultural practices into their care. Remember, the patient may not adhere to all aspects of their religion or culture – ask what is personally meaningful to them.

HELPFUL LINKS

- Australian Commission on Safety and Quality in Health Care. 2019. [Implementing the Comprehensive Care Standard: Identifying goals of care.](#)
- Last 1000 Days. <https://www.last1000days.com/>
- NSW Government. [AMBER Care Bundle](#)

VIDEOS, BLOGS, PODCASTS

- End-of-Life Essentials Blog. 2021. Dr Claudia Viridun, Senior Research Fellow, Cancer and Palliative Care Outcomes Centre, School of Nursing, QUT: [What matters most to patients with palliative care needs when receiving care within the hospital setting?](#)
- End-of-Life Essentials Blog. 2025. Professor Alison Mudge, Clinician Researcher, Department of Internal Medicine and Aged Care, Royal Brisbane and Women's Hospital: [Recognising Medical Futility and Navigating End-of-Life Care.](#)
- TEDx Talks. 2014. [Communication, empathy, & serious illness: Anthony Back at TEDxUofW.](#)

FURTHER READING

- Koffman J, Yorganci E, Yi D, et al. Managing uncertain recovery for patients nearing the end of life in hospital: a mixed-methods feasibility cluster randomised controlled trial of the AMBER care bundle. *Trials*. 2019;20(506). [doi:10.1186/s13063-019-3612-0](https://doi.org/10.1186/s13063-019-3612-0)
- Ó Coimín D, Prizeman G, Korn B, et al. Dying in acute hospitals: voices of bereaved relatives. *BMC Palliat Care*. 2019;18(91). <https://doi.org/10.1186/s12904-019-0464-z>
- Viridun C, Lockett T, Davidson PM, Phillips J. Dying in the hospital setting: A systematic review of quantitative studies identifying the elements of end-of-life care that patients and their families rank as being most important. *Palliat Med*. 2015 Oct; 29(9):774-9. [doi:10.1177/0269216315583032](https://doi.org/10.1177/0269216315583032)