

## Discussing Prognosis "ADAPT"

We designed this talking map to give you a just-in-time route through a complex conversation. Think of it as a series of signposts—you might find that not all apply to a particular patient.

Step	What you say
1. <b>Ask</b> what the patient knows, what they want to know	<p>What have other doctors told you about what your prognosis, or the future?</p> <p>How much have you been thinking about the future?</p>
2. <b>Discover</b> what info about the future would be useful for the pt	<p>For some people prognosis is numbers or statistics about how long they will live.</p> <p>For other people, prognosis is about living to a particular date.</p> <p>What would be more helpful for you?</p>
3. <b>Anticipate</b> ambivalence	<p>Talking about the future can be a little scary.</p> <p>If you're not sure, maybe you could tell me how you see the pros and cons of discussing this.</p> <p>If clinically deteriorating: From what I know of you, talking about this information might affect decisions you are thinking about.</p>
4. <b>Provide</b> information in the form the patient wants	<p>To provide using statistics: The worst case scenario is [25<sup>th</sup> percentile], and the best case scenario is [75<sup>th</sup> percentile]. If I had 100 people with a similar situation, by [median survival], 50 would have died of cancer and 50 would still be alive with cancer.</p> <p>To provide without statistics: From my knowledge of your situation and how your cancer has been changing /responding, I think there is a good/50-50/slim chance that you will be able to be around [on that date/for that event].</p>
5. <b>Track</b> emotion	<p>I can see this is not what you were hoping for.</p> <p>I wish I had better news.</p> <p>I can only imagine how this information feels to you.</p> <p>I appreciate that you want to know what to expect.</p>