

## Model of Dignity and Dignity-Conserving Interventions for Patients Nearing Death

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Patient Concern	<i>What to ask...</i>	<i>What to do...</i>
Factors/Subthemes	Dignity-Related Questions	Therapeutic Interventions
<b>ILLNESS-RELATED</b>		
Symptom distress Physical distress	<i>How comfortable are you?</i> <i>Is there anything we can do to make you more comfortable?</i>	Vigilance to symptom management Frequent assessment Application of comfort care
Psychological distress	<i>How are you coping with what is happening to you?</i>	Assume a supportive stand Empathetic listening Referral to counselling
Medical uncertainty	<i>Is there anything further about your illness that you would like to know?</i> <i>Are you getting all the information you feel you need?</i>	Upon request, provide accurate, understandable information and strategies to deal with possible future crises
Death anxiety	<i>Are there things about the later stages of your illness that you would like to discuss?</i>	
Independence	<i>Has your illness made you more dependent on others?</i>	Have patient participate in decision making, regarding both medical and personal issues
Cognitive acuity	<i>Are you have any difficulty with your thinking?</i>	Treat delirium When possible, avoid sedating medication(S)
Functional capacity	<i>How much are you able to do for yourself?</i>	Use orthotics, physiotherapy, and occupational therapy
<b>DIGNITY-CONSERVING REPERTOIRE</b>		
Continuity of self	<i>Are there things about you that this disease does not affect?</i>	Acknowledge and take interest in those aspects of the patient's live that he or she most values See the patient as worthy of honor, respect, and esteem

Patient Concern	What to ask...	What to do...
Role preservation	<i>What things did you do before you were sick that were most important to you?</i>	
Maintenance of pride	<i>What about yourself or your life are you most proud of?</i>	
Hopefulness	<i>What is still possible?</i>	Encourage and enable the patient to participate in meaningful or purposeful activities
Autonomy/control	<i>How in control do you feel?</i>	Involve patient in treatment and care decisions
Generativity/legacy	<i>How do you want to be remembered?</i>	Life project (e.g., making audio/video recordings, writing letters, journaling)
Acceptance	<i>How at peace are you with what is happening to you?</i>	Support the patient in his or her outlook Encourage doing things that enhance his or her sense of well-being (e.g. prayer, meditation, light exercise, listening to music)
Resilience/fight spirit	<i>What part of you is strongest right now?</i>	
Living in the moment	<i>Are there things that take your mind away from illness and offer you comfort?</i>	Allow the patient to participate in normal routines or take comfort in momentary distractions (e.g. daily outings, light exercise, listening to music)
Maintaining normalcy	<i>Are there things you still enjoy doing on a regular basis?</i>	
Finding spiritual comfort	<i>Is there a religious or spiritual community that you are, or would like to be, connected with?</i>	Make referrals to chaplain or spiritual leader Enable the patient to participate in particular spiritual and/or culturally-based practices
<b>SOCIAL DIGNITY INVENTORY</b>		
Privacy boundaries	<i>What about your privacy or your body is important to you?</i>	Ask permission to examine patient Proper draping to safeguard and respect privacy
Social support	<i>Who are the people that are most important to you?</i> <i>Who is your closest confidante?</i>	Liberal policies about visitation, rooming in Enlist involvement of wide support network

Patient Concern	<i>What to ask...</i>	What to do...
Care tenor	<i>Is there anything in the way you are treated that is undermining your sense of dignity?</i>	Treat the patient as worthy of honor, esteem, and respect; adopt a stance conveying this
Burden to others	<i>Do you worry about being a burden to others? If so, to whom and in what ways?</i>	Encourage explicitly discussion about these concerns with those they fear they are burdening
Aftermath concerns	<i>What are your biggest concerns for the people you will leave behind?</i>	Encourage the settling of affairs, preparation of an advanced directive, making a will, funeral planning