Introduction

The GO Care app was designed by the Palliative Care Research Team (PCRT) of Thomas Jefferson University and Hospital. The PCRT is composed of palliative care clinicians and research scientists. This universal app (for iPad or iPhone) is designed for any clinicians to use while running family meetings. It is to be used in real-time while running family meetings and will generate a note which can be incorporated into the medical record. The main purpose of the app is to foster more family-centered communication and discussions of goals of care.

This app is NOT meant to be an all-inclusive educational program in palliative care. These educational programs exist and are listed at the end of this training guide. Our goal with this app IS to give clinicians a helpful tool to increase family-centered communication and discussion of goals of care.
Walk Through

1. Preparation
   Before conducting a family meeting, you should assemble the right people to participate in the discussion. Make sure the patient and family have all the people they desire to be present for a discussion. Decide whether or not it is appropriate for the patient themselves to be present, often based on his/her preference.

2. Running the meeting
   If you are going to be using the app in real-time on an iPhone or iPad, let the patient/family know that you will be using a device to help improve communication so that it not a distraction to them.

   Introduce yourself and have each participant in the meeting introduce themselves. Discuss the purpose of the meeting. Recap of the medical issues. This part should be brief and pay close attention to limiting the amount of medical jargon. Often the primary team involved in care will do this. Explore what the goals of care are for this particular patient. Frame this on whether or not the patient has expressed any goals prior to this event requiring hospitalization. Frame recommendations...
The app will give you specific language samples throughout. We suggest that you review the app ahead of time to become familiar with the flow and practice the language which makes sense for you and your style of communication. Please feel free to adapt the language samples to fit your own style.

**Helpful Tips**

1. Type in as much of the information for the meeting ahead of time to allow for better eye contact during the meeting.

2. When finalizing the note, you can select to either email the note to your HIPPA-protected email or print directly on a wireless printer.

3. Check with your own Institution regarding the acceptability of the note per your medical records policy.
GO Care was developed based on the following articles and the expert panel at Thomas Jefferson University and Hospital:


Patient Alias: John Doe

**YES** Assemble team members and family members.

*Find a time that is mutually agreeable for all necessary parties. Limit the number of medical personnel to prevent overwhelming the family.*

**YES** Appoint the healthcare meeting leader and review patient healthcare POA and/or living will.

**Healthcare Meeting Leader:** Jane Doe

**Named Healthcare POA:** Michael Jones

Did patient complete living will? **YES**

On chart? **YES**

**Other Helpful Information**

Some helpful information.
"I'm glad we could come together today to help us best understand [patient's name] as a person and what is important to him/her. This will allow us to make recommendations that align with his/her goals."
Case: John Doe
A family meeting was held on Oct 3, 2013. Jane Doe lead the meeting with the family and other members of the patient's medical team. Other helpful information of Some helpful information. was noted. A time frame of 2 weeks was given for decision making for the family. Current medical status of Dehydration... An intervention of Some text..
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