

VALUE ASSESSMENT SURVEY

For

Name: _____

Desirable States: 1 = Very Valuable, 5 = Not Valuable

- A. 1 2 3 4 5 Being able to talk to my family and friends and being able to understand what they say to me.
- B. 1 2 3 4 5 Being able to express my emotions and feelings even if I cannot communicate with others and cannot understand their words.
- C. 1 2 3 4 5 Being mentally alert to be aware of what I am doing and saying and to understand the significance of what I am doing and saying, as well as what others are doing and saying to me.
- D. 1 2 3 4 5 Living with my spouse, friends and family.
- E. 1 2 3 4 5 Living in my own home, not in a nursing home or other long-term care facility.
- F. 1 2 3 4 5 Contributing to the good of other people by whatever means I can.
- G. 1 2 3 4 5 Being financially independent so that I do not have to rely on my parents, brothers, sisters, or children to support my living.
- H. 1 2 3 4 5 Being physically and mentally fit to continue my work, hobbies, and other leisure activities.
- I. 1 2 3 4 5 Being independent in bodily care activities so that another person does not have to take me to the bathroom, wash me up, brush my teeth, comb my hair, etc.
- J. 1 2 3 4 5 Maintaining my bodily integrity so that there are not tubes or needles or other things stuck into my body and having none of my limbs amputated.
- K. 1 2 3 4 5 Being free of pain.
- L. 1 2 3 4 5 Living long enough for a personal or family milestone such as the birth of a grandchild or the college graduation or marriage of a child.
- M. 1 2 3 4 5 Living as long as possible using the available medical technologies.

Which of the above are the 3 most important values? _____

VALUE ASSESSMENT SURVEY

Undesirable States: 1 = Tolerable, 5 = Intolerable

- A. 1 2 3 4 5 Being paralyzed. You are unable to walk but can move around in a wheel chair. You can talk and interact with other people.
- B. 1 2 3 4 5 Being unable to speak meaningfully. You are unable to speak or write to others. You can walk on our own, feed yourself and take care of daily needs such as bathing and dressing yourself.
- C. 1 2 3 4 5 Being unable to care for yourself. You are paralyzed and bed bound and unable to wash, feed or dress yourself. You are totally cared for by others.
- D. 1 2 3 4 5 Being in pain. You are in severe bodily pain that cannot be totally controlled or completely eliminated by medications.
- E. 1 2 3 4 5 Being pain free but not completely awake. You have pain that can be controlled by medications but are unconscious or very sleepy or confused most of the time because of the pain medications.
- F. 1 2 3 4 5 Being mildly demented. You can neither remember things, such as where you are, nor reason clearly. You are not aware that you have these mental impairments. You are capable of speaking with others, although you are not capable of remembering the conversations; you are not capable of washing, feeding or dressing yourself and are almost totally cared for by others. These impairments cannot be reversed.
- G. 1 2 3 4 5 Being in a coma or a persistent vegetative state. You have suffered brain damage and are not conscious and are not aware of your environment in any way. You cannot even feel pain. You are totally cared for by others. These mental impairments cannot be reversed.
- H. 1 2 3 4 5 Being financially dependent. You require frequent nursing or medical care that is not covered by insurance, Medicare, or your own savings, and is being paid for by your family.

Which of the above are the 3 worst situations? _____

Signature: _____ Date: _____

SITUATION A

If in the opinion of my physician, I am likely to die within a short period of time, then my wishes regarding use of following, if considered medically reasonable, would be:

	I want	I want treatment tried. If no clear improvement, stop	I am unsure	I do not want
Cardiopulmonary Resuscitation: if at the point of death, using drugs and electric shock to keep heart beating; artificial breathing.		Not Applicable		
Mechanical Breathing: breathing by machine.				
Artificial Nutrition and Hydration: giving nutrition and fluid through a tube in the veins, nose, or stomach.				
Major Surgery: such as removing the gall bladder or part of the intestines.		Not Applicable		
Kidney Dialysis: cleaning the blood by machine or by fluid passing through the abdomen.				
Chemotherapy: using drugs to fight cancer.				
Minor Surgery: such as removing some tissue from an infected toe.		Not Applicable		
Invasive Diagnostic Tests: such as using a flexible tube to look into the stomach.		Not Applicable		
Blood or Blood Products: such as giving a transfusion.				
Antibiotics: using drugs to fight infection.				
Simple Diagnostic Tests: such as performing blood tests or x-rays.		Not Applicable		
Pain Medications: even if they dull consciousness and indirectly shorten my life.		Not Applicable		

SITUATION B

If I am in a coma or a persistent vegetative state and, in the opinion of my physician, have no known hope of regaining awareness and higher mental functions no matter what is done, then my wishes regarding use of following, if considered medically reasonable, would be:

	I want	I want treatment tried. If no clear improvement, stop	I am unsure	I do not want
Cardiopulmonary Resuscitation: if at the point of death, using drugs and electric shock to keep heart beating; artificial breathing.		Not Applicable		
Mechanical Breathing: breathing by machine.				
Artificial Nutrition and Hydration: giving nutrition and fluid through a tube in the veins, nose, or stomach.				
Major Surgery: such as removing the gall bladder or part of the intestines.		Not Applicable		
Kidney Dialysis: cleaning the blood by machine or by fluid passing through the abdomen.				
Chemotherapy: using drugs to fight cancer.				
Minor Surgery: such as removing some tissue from an infected toe.		Not Applicable		
Invasive Diagnostic Tests: such as using a flexible tube to look into the stomach.		Not Applicable		
Blood or Blood Products: such as giving a transfusion.				
Antibiotics: using drugs to fight infection.				
Simple Diagnostic Tests: such as performing blood tests or x-rays.		Not Applicable		
Pain Medications: even if they dull consciousness and indirectly shorten my life.		Not Applicable		

SITUATION C

If I am in a coma or persistent vegetative state, and in the opinion of my physician have small likelihood of recovering fully, a slightly larger likelihood of surviving with permanent brain damage, and a much larger likelihood of dying, then my wishes regarding use of the following, if considered medically reasonable, would be:

	I want	I want treatment tried. If no clear improvement, stop	I am unsure	I do not want
Cardiopulmonary Resuscitation: if at the point of death, using drugs and electric shock to keep heart beating; artificial breathing.		Not Applicable		
Mechanical Breathing: breathing by machine.				
Artificial Nutrition and Hydration: giving nutrition and fluid through a tube in the veins, nose, or stomach.				
Major Surgery: such as removing the gall bladder or part of the intestines.		Not Applicable		
Kidney Dialysis: cleaning the blood by machine or by fluid passing through the abdomen.				
Chemotherapy: using drugs to fight cancer.				
Minor Surgery: such as removing some tissue from an infected toe.		Not Applicable		
Invasive Diagnostic Tests: such as using a flexible tube to look into the stomach.		Not Applicable		
Blood or Blood Products: such as giving a transfusion.				
Antibiotics: using drugs to fight infection.				
Simple Diagnostic Tests: such as performing blood tests or x-rays.		Not Applicable		
Pain Medications: even if they dull consciousness and indirectly shorten my life.		Not Applicable		

SITUATION D

If I have brain damage or some brain disease that in the opinion of my physician cannot be reversed and that makes me unable to recognize people or to speak understandably; and I also have a terminal illness, such as incurable cancer, that will likely be the cause of my death, then my wishes regarding use of the following, if considered medically reasonable, would be:

	I want	I want treatment tried. If no clear improvement, stop	I am unsure	I do not want
Cardiopulmonary Resuscitation: if at the point of death, using drugs and electric shock to keep heart beating; artificial breathing.		Not Applicable		
Mechanical Breathing: breathing by machine.				
Artificial Nutrition and Hydration: giving nutrition and fluid through a tube in the veins, nose, or stomach.				
Major Surgery: such as removing the gall bladder or part of the intestines.		Not Applicable		
Kidney Dialysis: cleaning the blood by machine or by fluid passing through the abdomen.				
Chemotherapy: using drugs to fight cancer.				
Minor Surgery: such as removing some tissue from an infected toe.		Not Applicable		
Invasive Diagnostic Tests: such as using a flexible tube to look into the stomach.		Not Applicable		
Blood or Blood Products: such as giving a transfusion.				
Antibiotics: using drugs to fight infection.				
Simple Diagnostic Tests: such as performing blood tests or x-rays.		Not Applicable		
Pain Medications: even if they dull consciousness and indirectly shorten my life.				

SITUATION E

If I have brain damage or some brain disease that in the opinion of my physician cannot be reversed and that makes me unable to recognize people or to speak understandably, but I have no terminal illness, and I can live in this condition for a long time, then my wishes regarding the use of the following, if considered medically reasonable, would be:

	I want	I want treatment tried. If no clear improvement, stop	I am unsure	I do not want
Cardiopulmonary Resuscitation: if at the point of death, using drugs and electric shock to keep heart beating; artificial breathing.		Not Applicable		
Mechanical Breathing: breathing by machine.				
Artificial Nutrition and Hydration: giving nutrition and fluid through a tube in the veins, nose, or stomach.				
Major Surgery: such as removing the gall bladder or part of the intestines.		Not Applicable		
Kidney Dialysis: cleaning the blood by machine or by fluid passing through the abdomen.				
Chemotherapy: using drugs to fight cancer.				
Minor Surgery: such as removing some tissue from an infected toe.		Not Applicable		
Invasive Diagnostic Tests: such as using a flexible tube to look into the stomach.		Not Applicable		
Blood or Blood Products: such as giving a transfusion.				
Antibiotics: using drugs to fight infection.				
Simple Diagnostic Tests: such as performing blood tests or x-rays.		Not Applicable		
Pain Medications: even if they dull consciousness and indirectly shorten my life.				

OTHER CONSIDERATIONS REGARDING COMFORT, CARE AND MY DEATH

A. Comfort *(Please cross out anything that you **don't** agree with)*

I do not want to be in pain. I want my doctor to give me enough medicine to relieve my pain, even if that means that I will be drowsy or sleep more than I would otherwise.

If I show signs of depression, nausea, shortness of breath, or hallucinations, I want my caregivers to do whatever they can to help me.

I wish to have a cool moist cloth put on my head if I have a fever.

I want my lips and mouth kept moist to stop dryness.

I wish to have warm baths often. I wish to be kept fresh and clean at all times.

I wish to have my favorite music played when possible until my time of death.

I wish to have personal care like shaving, nail clipping, hair brushing, and teeth brushing, as long as they do not cause me pain or discomfort.

I wish to have religious readings and well loved poems read aloud when I am near death.

B. How I Want People to Treat Me *(Please cross out anything that you **don't** agree with)*

I wish to have people with me when possible. I want someone to be with me when it seems that death may come at any time.

I wish to have my hand held and to be talked to when possible, even if I don't seem to respond to the voice or touch of others.

I wish to have others by my side praying for me when possible.

I wish to have the members of my church or synagogue told that I am sick and asked to pray for me and visit me.

I wish to be cared for with kindness and cheerfulness, and not sadness.

I wish to have pictures of my loved ones in my room, near my bed.

If I am not able to control my bowel or bladder functions, I wish for my clothes and bed linens to be kept clean, and for them to be changed as soon as they can be if they have been soiled.

I want to die in my home, if that can be done.

C. What I Want my Loved Ones to Know (*Please cross out anything that you **don't** agree with*)

I wish to have my family members and loved ones know that I love them.

I wish to be forgiven for the times I have hurt my family, friends, and others.

I wish to have my family members and friends know that I forgive them for what they may have done to me in my life.

I wish for my family members and loved ones to know that because of the faith I have, I do not fear death itself. I think it is not the end, but a new beginning for me.

I wish for all my family members to make peace with each other before my death, if they can.

I wish for my family and friends to think about what I was like before I had a terminal illness. I want them to remember me in this way after my death.

I wish for my family and friends to look at my dying as a time of personal growth for everyone, including me. This will help me live a meaningful life in my final days.

I wish for my family and friends to get counseling if they have trouble with my death. I want memories of my life to give them joy and not sorrow.

