

# Supportive & Palliative Care Indicators Tool (SP ICT™)

## Enabling identification of patients at risk of deteriorating and dying worldwide

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The SP ICT™ is a guide to identifying people at risk of deteriorating health and dying. Assess these people for unmet supportive and palliative care needs.

**Look for two or more general indicators of deteriorating health.**

- Performance status is poor or deteriorating (the person is in bed or a chair for 50% or more of the day); reversibility is limited.
- Dependent on others for most care needs due to physical and/or mental health problems.
- Two or more unplanned hospital admissions in the past 6 months.
- Significant weight loss (5-10%) over the past 3-6 months, and/ or a low body mass index.
- Persistent, troublesome symptoms despite optimal treatment of underlying condition(s).
- Patient asks for supportive and palliative care, or treatment withdrawal.

**Look for any clinical indicators of one or more advanced conditions**

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| <b>Cancer</b><br>Functional ability deteriorating due to progressive metastatic cancer.<br>Too frail for oncology treatment or treatment is for symptom control.<br>Dementia/ frailty<br>Unable to dress, walk or eat without help.<br>Eating and drinking less; swallowing difficulties.<br>Urinary and faecal incontinence.<br>No longer able to communicate using verbal language; little social interaction.<br>Fractured femur; multiple falls.<br>Recurrent febrile episodes or infections; aspiration pneumonia. | <b>Heart/ vascular disease</b><br>NYHA Class III/IV heart failure, or extensive, untreatable coronary artery disease with:<br>• breathlessness or chest pain at rest or on minimal exertion.<br>Severe, inoperable peripheral vascular disease.                   | <b>Kidney disease</b><br>Stage 4 or 5 chronic kidney disease (eGFR < 30ml/min) with deteriorating health.<br>Kidney failure complicating other life limiting conditions or treatments.<br>Stopping dialysis.  |
| Progressive deterioration in physical and/or cognitive function despite optimal therapy.<br>Speech problems with increasing difficulty communicating and/ or progressive swallowing difficulties.<br>Recurrent aspiration pneumonia; breathless or respiratory failure.   | <b>Respiratory disease</b><br>Severe chronic lung disease with:<br>• breathlessness at rest or on minimal exertion between exacerbations.<br>Needs long term oxygen therapy.<br>Has needed ventilation for respiratory failure or ventilation is contraindicated. | <b>Liver disease</b><br>Advanced cirrhosis with one or more complications in past year:<br>• diuretic resistant ascites<br>• hepatic encephalopathy<br>• hepatorenal syndrome<br>• bacterial peritonitis<br>• recurrent variceal bleeds<br>Liver transplant is contraindicated. |

**Review supportive and palliative care and care planning**

- Review current treatment and medication so the patient receives optimal care.
- Consider referral for specialist assessment if symptoms or needs are complex and difficult to manage.
- Agree current and future care goals, and a care plan with the patient and family.
- Plan ahead if the patient is at risk of loss of capacity.
- Record, communicate and coordinate the care plan.

Outil d'indicateurs de soins palliatifs et de support (SP ICT-FR™)

Herramienta de indicadores de cuidados de soporte y paliativos (SP ICT-ES™)

SP ICT-DE™ (Indikatoren für Palliative Care)

Supportive & Palliative Care Indicators Tool (SP ICT™)

Developing the SP ICT™

Projects using the SP ICT™ in the UK and internationally

Become a SP ICT™ Partner

Video: Dr Kirsty Boyd, SP ICT Programme Lead, explains how the SP ICT can be used in a number of ways.

How to use the SP ICT Tool

Join the SP ICT Community

Do join the SP ICT International Community so we can collaborate and learn from each other.

Become a SP ICT™ Partner - let everyone know how and where you use the SP ICT by having your work featured on the website.

Join the online Forums - you can post messages in English, French, German and Spanish

Join the SP ICT Community

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The SP ICT-EN™ Tool Revised

## Background

- Improving identification of people with one or more advanced conditions who are at risk of deteriorating health and dying with these conditions is essential.
- These people and their families benefit from assessment of their health care and wider needs, opportunities to talk about 'what matters' to them, earlier supportive and palliative care, and care planning.
- Populations are ageing and people are living with many more advanced illnesses. This makes better patient identification more challenging. The illness trajectory of multimorbidity is characterised by fluctuating poor health and uncertainty about when and how individual patients will die.

## Designing SP ICT™

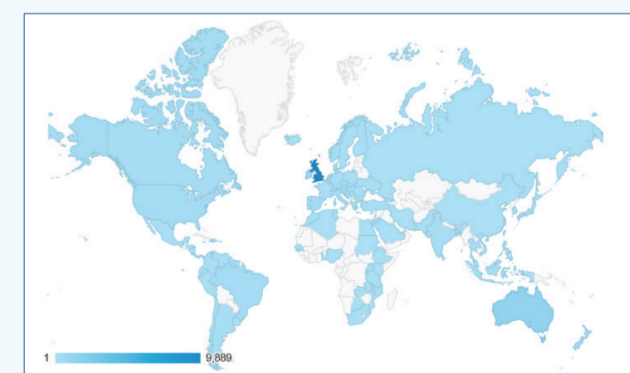
- Consensus-based, evidence-informed guidance for professionals.
- Key general indicators of deteriorating physical/ mental health.
- Clinical indicators of major advanced conditions (93%<sup>1</sup>):
  - Cancer
  - Dementia/ frailty
  - Organ failure – heart, lung, kidney, liver
  - Neurological conditions
- Accessible language, content and layout (89%<sup>1</sup>).
- Supports identification in all settings (81%<sup>1</sup>).

- Prompts assessment and care planning along with optimal management of any reversible, underlying conditions (83%<sup>1</sup>).
- Identifies people at 'risk' of deteriorating and dying, not just those we are sure will die.
- Promotes effective future care planning for:
  - People with advanced conditions at risk of deteriorating (advance care planning).
  - People with deteriorating health at risk of dying (anticipatory care planning).
  - People in the last days of life (care plan for a dying person and their family).

<sup>1</sup> Ratings of key features of SP ICT in the 2014 online survey of SP ICT users

## SP ICT International

- A growing online, community of SP ICT partner projects and collaborators.
- Open access, online resources to support patient identification and communication about deteriorating health.
- Opportunities to share projects, research and service developments via online forums.
- A programme of SP ICT™ translations.
- NEW SP ICT-APP creates individual patient profiles of SP ICT indicators and supports communication between professionals, conversations with patients/ families, and care planning.



## Further information

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