Goals of Care conversations in Emergency Medicine: A systematic review

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What are Goals-of-Care discussions?

A spectrum of end-of-life care planning to achieve patient goals and wishes²

Processes

ADVANCE CARE PLANNING

(ACP)

- Discuss values, wishes & preferences
- Appoint a substitute decision maker
- Create advance directive

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DOCUMENTATION Advance directives Goals-of-Care

Care plans

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GOALS-OF-CARE DISCUSSIONS

- Clarify previous ACP
- Discuss values and preferences
- Give information: diagnosis, prognosis, risks and benefits of treatment options
- Make a shared decision regarding care

Setting

Home or community (prior to deterioration)



Institution (point-of-care)



Goals of Care literature related to Emergency Medicine

- What does Goals-of-Care mean in Emergency Medicine and do our conversations differ to other specialties?
- Which patients?
- Which stakeholders should be included?
- What should go be included in a conversation?
- What are the requirements for a successful conversation?
- Culturally and Linguistically diverse adaptations
- What documentation is required?
- What are the harms and benefits of ED discussions?



Conclusions for Emergency Medicine

- Numerous guidelines recommend that we undertake goals-of-care conversations
- They involve patients in shared medical decision making at point-of-care
- There is very little evidence for any aspect of goalsof-care conversations in emergency medicine
- They are probably feasible and may be beneficial, however a lot more research is needed

