

# Supportive and Palliative Care Indicators Tool (SPICT)

Adapted from NHS Lothian 2011 v2 April 2013

## 1. Look for two or more general clinical indicators

- Two or more unplanned hospital admissions in the past 6 months.
- Performance status deteriorating (needs help with personal care, in bed or chair for 50% or more of the day).
- Unplanned weight loss (5 - 10%) over the past 3 - 6 months and / or body mass index < 20.
- A new event or diagnosis that is likely to reduce life expectancy to less than a year.
- Persistent symptoms despite optimal treatment of advanced illness.
- Lives in a nursing care home or NHS continuing care unit; or needs a care package at home.

## 2. Now look for two or more clinical indicators of advanced, progressive illness

### Advanced heart / vascular disease

- NYHA Class IV heart failure, or coronary artery disease:
  - Breathless or chest pain at rest or on minimal exertion
- Severe, inoperable peripheral vascular disease

### Advanced respiratory disease

- Severe chronic obstructive pulmonary disease (FEV1<30%) or severe pulmonary fibrosis:
  - Breathless at rest or on minimal exertion between exacerbations
- Has needed ventilation for respiratory failure

### Advanced kidney disease

- Stage 5 chronic kidney disease (eGFR < 15ml/min)
- Kidney failure as a recent complication of another condition or treatment
- Stopping dialysis

### Advanced liver disease

- Advanced cirrhosis with one or more complications in past year:
  - Diuretic resistant ascites
  - Hepatic encephalopathy
  - Hepatorenal syndrome
  - Bacterial peritonitis
  - Recurrent variceal bleeds
- Serum albumin < 25g/l, INR prolonged (INR > 2)
- Liver transplant is contraindicated

### Advanced cancer

- Performance status deteriorating due to metastatic cancer and / or co-morbidities
- Persistent symptoms despite optimal palliative oncology treatment or too frail for oncology treatment

### Advanced neurological disease

- Progressive deterioration in physical and / or cognitive function despite optimal therapy
- Speech problems with increasing difficulty communicating and / or progressive dysphagia
- Recurrent aspiration pneumonia; breathless or respiratory failure

### Advanced dementia / frailty

- Unable to dress, walk or eat without help; unable to communicate meaningfully
- Needing assistance with feeding maintaining nutrition
- Recurrent febrile episodes or infections; aspiration pneumonia
- Urinary and faecal incontinence
- Fractured neck of femur

## 3. Is this patient at risk of dying in the next 6-12 months, or less? YES

## 4. Consider how to approach conversations about end of life care

## 5. Discuss inclusion of the patient on the Palliative Care Register with GP / members of the MDT

## 6. Assess needs and plan care:

- Which services should be involved?
- Who is best placed to be the Key Worker?