

### Aim

To explore how patients receiving palliative care in Sweden experience discussing wishes and priorities by using cards to facilitate the conversation.

### Background

Palliative care is an approach aiming to improve the quality of life for patients and their families and takes patients' needs, values and priorities as its starting point. However, previous research shows that health care professionals may find it difficult to start a conversation related to these issues.



### Method

In individual interviews, six participants (three women, four were aged 65+ years) were asked to choose the ten most important statements from a deck of 50 cards with preprinted statements such as “to be free from pain”, or “to have my family with me”. The statements were developed from several national and international sources and commonly used assessment tools within palliative care. The participants were also encouraged to comment on the statements and their experience of talking about these issues.

*Patients appreciated discussing wishes and priorities and the cards were considered a helpful tool*

### Result

Patients appreciated discussing wishes and priorities and the cards were considered a helpful tool in facilitating such a conversation. However, patients expected their current wishes and priorities to change during their disease trajectory. The most commonly chosen card was “to be free from pain” (five out of six participants) but individual preferences were also highlighted as 33 statements out of a total of 50 were chosen.

### Discussion

Health care professionals could use cards with preprinted statements to systematically invite patients to discuss wishes and priorities continuous during their disease trajectory.