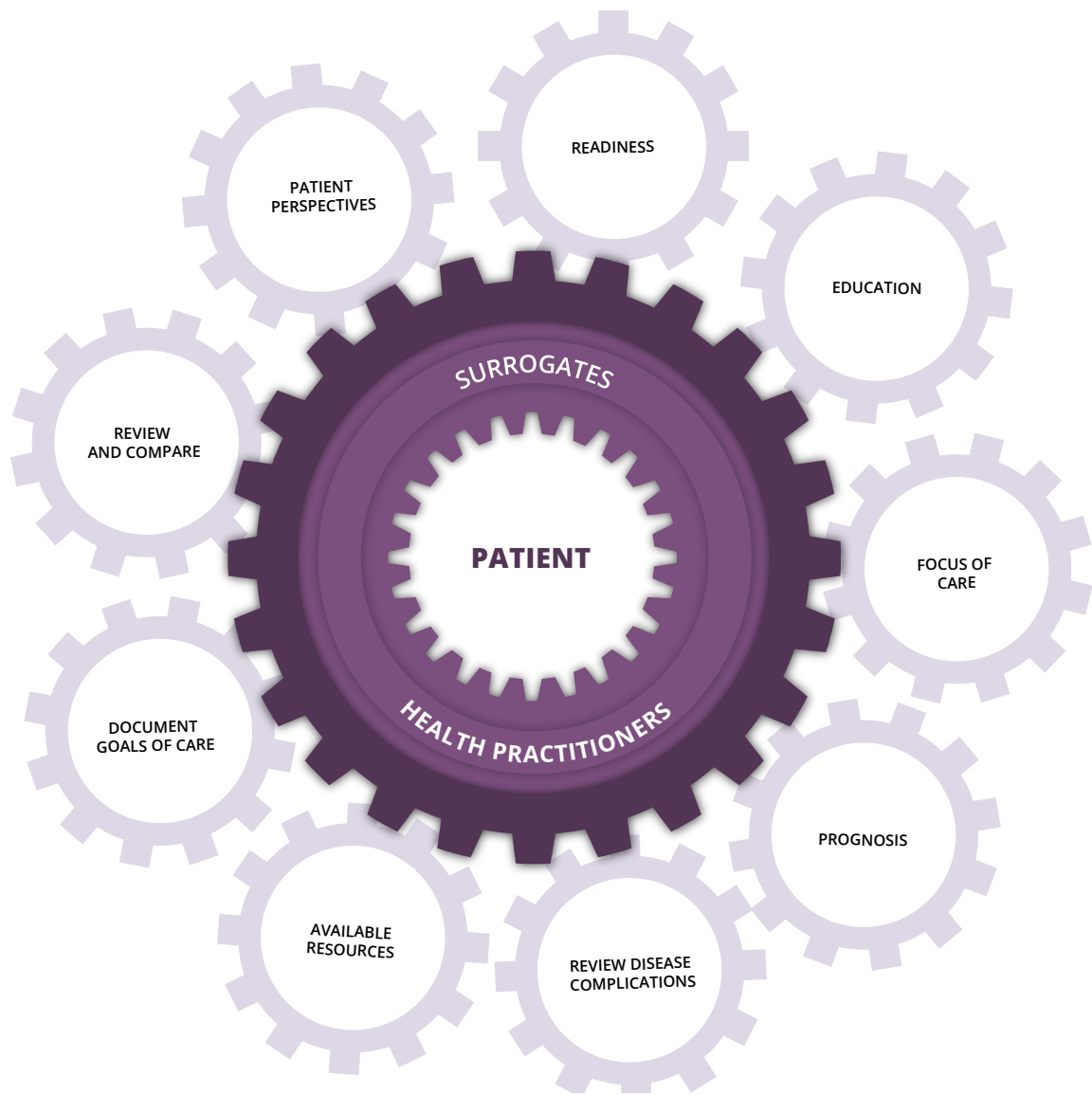


An illustration in the top right corner shows two hands reaching towards each other. One hand is orange and the other is light orange. Above them are two speech bubbles, one purple and one orange. The background is a light purple gradient.

Knowing your patient

A systematic approach to symptom assessment, includes the impact on function and quality of life

- Early integration of Advance care planning (ACP) and Goals of care (GoC) conversations are essential to symptom management.
- These conversations should be tailored to the disease stage and needs of each individual patient.
- Patient values, beliefs and focus of their care (active medical care or comfort care) will have an impact on what diagnostic testing should be ordered and what treatments will be acceptable to the patient.
- GoC may change over time and need to be re-evaluated at sentinel events including hospitalization, the development of cirrhosis complications and following transplant eligibility decisions.
- There are many excellent resources available to guide Health care practitioners to carry out Advance care planning (ACP) and Goals of care (GoC) conversations.
 - Common resources include the Serious Illness Conversation Guide, Conversation Matters and the Plan Well Guide. A 2018 Hepatology publication presents an overall approach to ACP and GoC specific to cirrhosis, including the ACP wheel and associated questions for each of the components (PMID 29251778).



Helpful Links:

Advance care planning:

<https://www.albertahealthservices.ca/info/Page16297.aspx>

Conversations Matter:

<https://www.albertahealthservices.ca/info/Page12585.aspx>

Plan well guide:

<https://planwellguide.com/for-health-care-professionals/>

AASLD End of life planning:

<https://aasldpubs.onlinelibrary.wiley.com/doi/full/10.1002/hep.29731>