

## MAPPING PATIENT'S NETWORK

Concurrently to other aspects, such as physical and psychological, social network constitutes an important resource to design care plane, and assess its sustainability. Health care professionals, peers and relatives could be considered important support to the therapeutic strategy implementation and success.

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1	Enter and present yourself educated and amiably: <b>Good morning. How are you feeling today?</b> (Give time to answer your questions)				0 1 3
2	Ensure a private, comfortable space for the interview. <i>(It's important to avoid interruptions and ensure confidentiality respect)</i>				0 1 3
3	Ask the patient how he feels: <b>Do you have any pain, complaint or specific worry?</b> <i>(Identify patient's needs will help to assess social network available and its potential benefit for the patient)</i>				0 1 3
4	<i>(Introduce before the reason of the meeting in order to avoid patient's misunderstanding)</i> Explain the goals of the interview: <b>I would like to learn more about your family and friends. Would you mind if we talked some time about these and other social aspects?</b>				0 1 3
5	Use active listening and emphatic communication <i>(Active listening and dialogic approach are important to understand patient's preferences)</i>				0 1 3
6	Adapt your language to the social, cultural and educative level of the patient, while maintaining true and comprehensible messages. <i>(Personal values and cultural background play an essential role in the analysis of patient's social network, because they help to understand how they can contribute to the care plane implementation)</i>				0 1 3
7	Information concerning his present home: <b>Where do you live? Who do you live with?</b> <i>(This answer will be relevant in order to select future care location and enhance the patient's network participation)</i>				0 1 3
8	Information regarding his family: <b>Please tell me about the members of your family, and their involvement and support during the illness</b> (other prompting questions) <b>Do you have a spouse? Do you have kids? Where do they live? What kind of relationship do you have with them?</b> <i>(Social network can be extended to several persons, the aim of the encounter will help to identify where and who can perform the best care to the patient)</i>				0 1 6
9	<b>Who is your main caregiver?</b>	ESSENTIAL			
10	Information concerning his social relationships: <b>Do you have good friends? Who are they? Do you feel supported by them in these moments?</b>				0 1 3
11	Information over professional life: <b>Did you work by the time of the diagnosis? What did our work in? Since when? Do you like/enjoy your work? How the disease has impacted your financial security</b> <i>(Verify patient's social context and consider options to include some recreational activity in order to build confidence and meaningful)</i>				0 1 3

	<i>contact with others)</i>				
12	Information over hobbies: <b>What do you like to do in your free time?</b> ( <i>It could be an argument to involve a befriender and share some recreational activity</i> )				0 1 3
13	Information concerning spiritual beliefs: <b>Do you believe in or practice any kind of religion?</b> ( <i>Cultural and religious needs are significant aspect in palliative care for patient and family. It's important consider this information in order to facilitate the access to any ritual or contact with people representing patient's values system and cultural background</i> ) Refer to spiritual assessment procedure				0 1 3
14	Information over other interests: <b>What else do you like to do?</b> ( <i>Be opened to personalize care plan</i> )				0 1 3
15	Information over the emotional state of his closer ones: <b>For instance, how do you think your wife is dealing with your illness in these moments?</b> ( <i>Facilitate patient's social relationship it means explore relatives' needs and facilitate empathic and communicative interaction among relatives and closer people</i> )				0 1 3
16	In your present situation, <b>do you think you have enough support and assistance in your daily life? In order to be as autonomous as possible, do you need some support regarding equipment, adjustment of home environment?</b> ( <i>Assess current situation in order to improve patient's support and find new solutions if required</i> )				0 1 3
17	<b>What worries you the most right now? What is your greatest worry in this moment?</b>	ESSENTIAL			
18	<b>Do you feel alone?</b> ( <i>After the conversation and all information collected, this answer will help to understand if a structured intervention to improve patient's comfort must be implemented</i> )				0 1 3
19	Evaluate emotional status after the interview: <b>How do you feel now?</b> Ask again if the patient has any final questions or worries. ( <i>It helps to verify patient's awareness about his/her circumstances</i> )				0 1 3
20	Write the summary of your conversation using also family tree or at least mentioning the main caregiver				0 1 3
21	Take leave amiably.				0 1 3
		<b>Total score: 60</b>	<input type="radio"/>		%
			<input type="radio"/>		%
			<input type="radio"/>		%

Legend:  – unfulfilled criterion;  – partially fulfilled criterion;  – completely fulfilled criterion

(score according to column P)

#### Selective references

- Jarret N, Porter K, et al. The networks of care surrounding cancer palliative care patients. *BMJ Supportive and Palliative Care* 2015; 5: 435-442.
- Sallnow L, Richardson H, et al. The impact of a new public health approach to end-of-life care: a systematic review. *Palliative Medicine* 2015; 30(3): 200-211.