

## APPENDICES

### Appendix 1: Medical Order for Scope of Treatment (MOST)

*The Island Health Authority has developed a tool to help your doctor document your health care wishes and direct your care if you are unable to speak for yourself.*

*Information can sometimes be lost. As part of our study, we are trying to make sure that what is documented in your chart is consistent with your wishes.*

*Please note that your selection will only be used for research purposes. It will not be shared with your health care team, family or included in your medical chart.*

*Please circle the level of care consistent with your wishes.*

<b>Medical Order for Scope of Treatment</b>	
<b>M1</b>	<b>Supportive care, treat symptoms to ensure comfort only.</b> Do not transfer to hospital unless I cannot be kept comfortable in my current location. No active medical treatments or life support. Allow natural death.
<b>M2</b>	<b>Medical treatment within current location if possible.</b> Treat issues in current location but consider transfer to hospital for tests or symptom control if needed. Treat to cure or control symptoms. No life support.
<b>M3</b>	<b>Medical Care including transfer to hospital.</b> Medical treatments including transfer to hospital if appropriate to do tests and treat illness. No life support.
<b>C0</b>	<b>Limited Critical Care.</b> Medical and life support treatments to cure or control symptoms. Consider life support but not a breathing tube. Do not try to restart the heart.
<b>C1</b>	<b>Full Critical Care without attempting Resuscitation.</b> Full medical and critical care treatments including life support and a breathing tube if needed but do not try to restart the heart.
<b>C2</b>	<b>Full Critical Care including attempting Resuscitation.</b> Full life support including a breathing tube and attempts at restarting the heart with chest compressions and electric shocks if it has stopped.

**Appendix 2: Patient Advance Care Planning Knowledge Quiz**

*This quiz is meant to gauge your knowledge of key Advance Care Planning concepts.  
Please select the BEST answer.*

- 1) What is advance care planning?**
  - a) Planning your financial future.
  - b) Planning where you will live, as you get older.
  - c) Helping your doctor plan what medication to give you.
  - d) Planning your current and future medical care.
  - e) Talking to your family doctor about changing your medication.
  
- 2) What is a benefit of advance care planning for patients and their families?**
  - a) It increases your life expectancy.
  - b) It creates discomfort between patients and health care professionals.
  - c) It may reduce conflict at the end of life.
  - d) It helps with medication.
  - e) There are no benefits to advance care planning.
  
- 3) What is a substitute decision-maker?**
  - a) Someone who can make decisions on your behalf when you are too sick to communicate your wishes.
  - b) Someone who offers spiritual counseling.
  - c) Someone who makes important decisions about your finances.
  - d) Someone who cares for your partner while you are sick.
  - e) Someone who teaches medical classes at university.
  
- 4) Who appoints your temporary substitute decision maker (TSDM) if you do not have a representation agreement and are unable to speak for yourself?**
  - a) My family will appoint my TSDM.
  - b) My family or a close friend would make all my health care decisions.
  - c) The doctor will make all my health care decisions.
  - d) The health care provider caring for me will appoint my TSDM.
  - e) Any of the above.
  
- 5) What is a Medical Order for Scope of Treatment (MOST)?**
  - a) A document that outlines the scope of your medical problems.
  - b) A doctor's order that outlines your health care wishes.
  - c) A document that outlines the treatment plans for your current medical conditions.
  - d) A medical order that lists your medications and doses.
  - e) A medical order to arrange a specific intervention such as a knee scope.
  
- 6) Intensive Care Interventions are most appropriate when a patient?**
  - a) Suffers from incurable cancer and does not improve with chemotherapy.
  - b) Checks in with their doctor because they are regularly participating in an intense diet and exercise regime.
  - c) Is satisfied with their quality of life and suffers an acute reversible illness.
  - d) Has catastrophic injuries and is unlikely to wake up or return home.
  - e) Is elderly and content with their life, and looking forward to death.
  
- 7) What is the most important difference between Medical and Critical care?**

- a) Medical care includes all interventions likely to save your life including life support such as a breathing machine.
  - b) Critical care does not include antibiotics or medications meant to keep you comfortable.
  - c) Medical care only includes medications but never surgery.
  - d) Critical care includes all medical treatments plus life support interventions such as a breathing machine.
  - e) Medical and Critical care are essentially the same.
- 8) What is the default level of care for a patient that has not completed a Medical Order for Scope of Treatment (MOST)?**
- a) Electrical shocks but no chest compressions.
  - b) Supportive care including antibiotics but no critical care.
  - c) Spiritual counseling.
  - d) Full care including CPR, electric shocks and admission to critical care.
  - e) Emergency legal representation if necessary.
- 9) Which patient is most likely to benefit from having a Medical Order for Scope of Treatment (MOST) order on file?**
- a) A patient admitted to the hospital with the flu.
  - b) A patient with an acute medical condition like appendicitis.
  - c) A patient with pet allergies.
  - d) A patient with an advanced chronic illness like cancer or emphysema.
  - e) A patient with sleeping difficulties.
- 10) Once completed, how can your Medical Order for Scope of Treatment (MOST) be changed?**
- a) Once completed, the MOST cannot be changed.
  - b) Your MOST can be changed at any time through discussions with your doctor.
  - c) The MOST level can be modified at any time by any health care provider involved in your care.
  - d) If you are not able to express your wishes, your MOST may be changed by any family member.
  - e) Once completed, the MOST may only be changed with a lawyer's consultation

**Quiz answers: 1 – D, 2 – C, 3 – A, 4 - E, 5 - B, 6 - C, 7 - D, 8 - D, 9 - D, 10 - B**

**Appendix 3:** Usual care and video-intervention cohorts' performance on the Patient Advance Care Planning Knowledge Quiz

Question	Correct response rate		Difference in % patients selecting multi-choice options A-E (usual care minus video-intervention)				
	Usual care	Video-intervention	A	B	C	F	E
1	83.3%	95.1%	0.0%	0.2%	-10.6%	<b>11.8%</b>	-1.4%
2	77.8%	96.5%	-10.9%	-5.8%	<b>18.7%</b>	-2.8%	0.7%
3	95.4%	97.9%	<b>2.5%</b>	-3.0%	0.0%	0.5%	0.0%
4	37.4%	83.1%	-28.5%	-10.5%	-6.5%	-0.2%	<b>45.7%</b>
5	58.9%	83.6%	-17.9%	<b>24.7%</b>	-2.8%	-4.0%	0.0%
6	58.3%	78.9%	-17.8%	-9.7%	<b>20.6%</b>	7.2%	-0.2%
7	60.7%	90.8%	-6.8%	-10.5%	-12.9%	<b>30.1%</b>	0.0%
8	64.5%	95.1%	-15.9%	-12.9%	-4.0%	<b>30.6%</b>	2.1%
9	58.9%	97.9%	-4.7%	-31.3%	-2.8%	<b>39.0%</b>	-0.2%
10	55.1%	74.6%	-14.3%	<b>19.5%</b>	-6.7%	0.7%	0.7%

\*Bold indicates the correct multiple choice response.

**Appendix 4:** Breakdown of the chart-recorded MOST category for patients in the usual care and video-intervention cohorts.

Most category	Usual care		Video-intervention	
	#	%	#	%
M1	3	3%	2	1%
M2	4	4%	6	4%
M3	8	7%	9	6%
C0	12	11%	19	13%
C1	7	6%	5	4%
C2	67	62%	91	64%
No MOST	7	6%	10	7%
Total	108	100%	142	100%

Chi-square= 2.16, df= 6, *p*-value = 0.90