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103547(Rev2025-04) Page 1 Side A

# Goals of Care Designations - Approach to Care Guide for Clinicians

### R: Medical Care, Including Resuscitative Care, If Required

Goals of Care are drected at cure or control of the patient's condition. The patient would desire ICU care if it was required and would benefit from ICU if their medical condition warranted it.

### R1: Goals of care are directed at cure or control of a patient's condition. Treatment of illness may include transfer to an acute or tertiary care facility with admission to the ICU if indicated. Intubation or chest compressions may

be provided.

- General Guidelines: for patients who would benefit from, and are accepting of any appropriate investigations and interventions that health systems can offer, including physiological support in an ICU setting if required. All appropriate supportive therapies are offered, including intubation. Chest compressions and intubation are performed during a resuscitative effort when clinically indicated.
- Resuscitation: is undertaken for cardio respiratory arrest or acute deterioration.
- Life Support Interventions: is undertaken for cardio respiratory arrest or acute deterioration.
- Life Sustaining Measures: are used when appropriate within overall goals of care.
- Major Surgery: is considered when appropriate. The possibility of intra-operative complications including death and the requirement for physiological support post operatively should be addressed with the patient in advance of the proposed surgery, and general decision-making guidance agreed upon.
- **Transfer from current location of care:** is considered if an alternative location for is required for diagnosis and treatment.

# R2: Goals of care are directed at cure or control of a patient's condition. Treatment of illness may include transfer to an acute or tertiary care facility with admission to the ICU if required. Intubation can be considered when indicated but chest compressions are not performed.

- General Guidelines: for patients who would benefit from, and are accepting of, any appropriate investigations and interventions that the health system can offer including physiological support in an ICU setting if required, but excluding chest compressions.
- Resuscitation: is undertaken for acute deterioration, but chest compression should not be performed.
- Life Support Interventions: may be offered without chest compression.
- Life Sustaining Measures: are used when appropriate within overall goals of care.
- Major Surgery: is considered when appropriate. The possibility of intra-operative complications including death and the requirement for physiological support post operatively should be addressed with the patient in advance of the proposed surgery, and general decision-making guidance agreed upon.
- Transfer from current location of care: is considered if an alternative location for is required for diagnosis and treatment.

#### R3: Goals of care are directed at cure or control of a patient's condition. Treatment of illness may include transfer to an acute or tertiary care facility with admission to the ICU if required, but chest compressions or intubation should not be performed.

- General Guidelines: for patients who would benefit from, and are accepting of, any appropriate investigations and interventions that the health system can offer, including physiological support in an ICU setting if required, but excluding intubation and chest compressions.
- Resuscitation: is undertaken for acute deterioration but intubation and chest compression should not be performed
- Life Support Interventions: may be offered without intubation or chest compression.
- Life Sustaining Measures: are used when appropriate within overall goals of care.
- Major Surgery: is considered when appropriate. The possibility of intra-operative complications including death and the requirement for physiological support post operatively should be addressed with the patient in advance of the proposed surgery, and general decision-making guidance agreed upon.
- Transfer from current location of care: is considered for diagnosis and treatment if required

## M: Medical Care and Interventions, Excluding Resuscitation Goals of care are directed at cure or control of a patient's condition.

Goals of care are directed at cure of control of a patient's condition.

These patients either choose to not receive care in an ICU or would not benefit from ICU care.

#### M1: The goals of care are aimed at cure or control in any location of care, without accessing a tertiary level ICU. Treatment of illness may include transfer to an acute or tertiary care facility without admission to a tertiary level ICU.

- **General Guidelines:** all active medical and surgical interventions aimed at cure and control of conditions are considered, within the bounds of what is clinically indicated, and excluding the option of admission to a tertiary level ICU for life-saving interventions. If a person deteriorates further and is no longer amenable to cure or control interventions, the goals of care designation should be changed to focus on comfort primarily.
- Resuscitation: is not undertaken for cardio respiratory arrest.
   Life Support Interventions: should not be initiated or should be
- Life Support Interventions: should not be initiated or should be discontinued after discussion with the patient or alternate decisionmaker.
- Life Sustaining Measures: are used when appropriate within overall goals of care.
- Major Surgery: is considered when appropriate. Resuscitation during surgery or in the recovery room can be considered, including short term physiological and mechanical support in an Ion order to return the patient to prior level of function. The possibility of intraoperative death (option: life-threatening intra-operative deterioration) should be discussed with patient in advance of the proposed surgery, and general decision-making guidance agreed upon.
- **Transfer to another location of care:** is considered if an alternative location for is required for diagnosis and treatment.

#### M2: The goals of care are aimed at cure or control, almost always within the patient's current care environment. Treatment of illness may be undertaken in the current location without transfer to acute or tertiary care should that condition deteriorate.

- **General Guidelines:** all interventions that can be offered in the current location of care are considered. If a person deteriorates further and is no longer amenable to cure or control interventions in that location, the goals of care designation should be changed to focus on comfort primarily.
- Resuscitation: is not undertaken for cardiorespiratory arrest.
- **Life Support Interventions:** should not be initiated or should be discontinued after discussion with the patient.
- Life Sustaining Measures: are used when appropriate.
- Major Surgery: is not usually undertaken but can be contemplated for procedures aimed at symptom relief. Resuscitation during surgery or in the recovery room can be considered, including short term physiological and mechanical support in an ICU, in order to return the patient to prior level of function. The possibility of intra-operative death (option: life-threatening intra-operative deterioration) should be discussed with the patient/family in advance of the proposed surgery, and general decision-making guidance agreed upon.
- Transfer to another location of care: is not usually undertaken, but can be contemplated if symptom management or diagnostic efforts aimed at understanding symptoms can best be undertaken at that other location.

- C: Medical Care and Interventions, Focused on Comfort Goals of care are directed at symptom control rather than at cure or control of a patient's underlying condition that is expected to result in death. All interventions are for symptom relief.
- C1: Goals of care are for maximal symptom control and maintenance of function, without cure or control of the underlying condition. A diagnosis exists which is expected to cause eventual death.
- General Guidelines: A diagnosis exists which is expected to cause eventual death. New illnesses are not generally treated unless control of symptoms is the goal.
- Resuscitation: is not to be undertaken in the event of cardio respiratory arrest/failure. Chest compressions or intubation should not be performed.

  Life Support Interventions: should not be initiated
- or should be discontinued after discussion with the patient.
- Life Sustaining Measures: can be used for goal directed symptom management.
- Major Surgery: is not usually undertaken but can be contemplated for procedures aimed at symptom relief. Resuscitation during surgery or in the recovery room can be considered, including short term physiological and mechanical support in an ICU, in order to return the patient to prior level of function. The possibility of intra-operative death (option: life-threatening intra-operative deterioration) should be discussed with the patient/family in advance of the proposed surgery, and general decision-making guidance agreed upon.
- Transfer: should be contemplated if symptom management or diagnostic efforts aimed at understanding symptoms can best be undertaken at another location. Transfer to an ICU is warranted if ICU is deemed to be the best location for palliation, especially in the pediatric environment.

#### C2: Goals of care are aimed at preparation for imminent death (usually within hours or days) with maximal efforts directed at symptom control.

- General Guidelines: expert care can be provided in any location.
- Resuscitation: is not to be undertaken in the event of cardio respiratory arrest/failure. Chest compressions or intubation should not be performed.
- **Life Support Interventions:** should not be initiated or should be discontinued after discussion.
- Life Sustaining Measures: should be discontinued unless required for goal directed symptom management.
- Major Surgery: is not appropriate.
- Transfer: to another site is usually not undertaken due to risk of death during transport.

Please review the Advance Care Planning and Goals of Care Designation Clinical Knowledge Topic and/or Advance Care Planning/Goals of Care Designation AHS policy for additional guidance