

The 3 Wishes Project

A compassionate intervention to improve the quality of the dying experience

St. Joseph's
Healthcare Hamilton
St. Michael's
Inspired Care.
Inspiring Science.
Vancouver Coastal Health

UCLA Health
niagarahealth
Extraordinary Caring. Every Person. Every Time.

Canadian Frailty Network
Réseau canadien des soins aux personnes fragilisées

Brant Community HEALTHCARE SYSTEM
nova scotia health authority

Launch of 3 Wishes Demonstration Project

3WP shown to personalize the dying process (AIM 2015)

Launch of Multicenter Evaluation

Transition into Clinical Program

2013

2014

2015

2016

2017

2018

2019

60% increase in types of wishes elicited

60% increase in bedside staff engagement

25% of wishes donated by community

50% increase in wishes from family

"Although mom's final day was the most devastating day of my life, it was made personal and very special for us. Everything possible was done to ensure her comfort and ours"
(Son)

What is the 3 Wishes Project (3WP)?

- ✓ A patient-centered, dignity-enhancing palliative care strategy that involves eliciting then implementing wishes of dying persons who are frail
- ✓ Empowers staff to engage in acts of compassion and explore spirituality
- ✓ Offers experiential education for all trainees and bedside staff
- ✓ Is transferrable (formally spread to several North American hospitals)
- ✓ Is affordable (average wish cost is \$5; 70% wishes cost nothing)
- ✓ Is sustainable (has continued beyond the research phase as a clinical program in all participating centers)

Influence Beyond the Dying Patient

This low technology, low risk, low cost intervention:

- ✓ Supports and empowers grieving families
- ✓ Promotes clinical creativity, humanism, and pride at work
- ✓ Aligns with healthcare values and institutional missions

"The 3WP has given me some of the most meaningful nursing experiences that I've had because I feel connected on a personal level to my patient, my family"
(nurse)

How does the 3WP Help Patients who are Frail?

1. Learning more about dying patients and their families through conversations to elicit meaningful and comforting wishes at the end of life
2. Implementing dignity-enhancing wishes as supported by families and interprofessional bedside staff



"By doing this you're actually gaining as a provider. It establishes a greater purpose and meaning of what you do"
(manager)

The 3 Wishes Collaboration

- ✓ Intentional collaboration and engagement of multidisciplinary staff, fueled by patient narratives
- ✓ Collaboration with our broader hospital has fostered a 'community of compassion'



Impact of the 3WP

7 Participating Sites

918 Patients (54% ≥ 65 years old)

4066 Wishes Implemented

\$5 Per Wish (70% wishes = \$0)

