**The 3 Wishes Project**

A compassionate intervention to improve the quality of the dying experience

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**Launch of Multicenter Evaluation**

2013-2019

- 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

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**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)

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**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

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**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'

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**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

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**Impact of the 3WP**

- 7 Participating Sites
- 918 Patients (54% > 65 years old)
- 4066 Wishes Implemented
- $5 Per Wish (70% wishes=$0)

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“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)

“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)

“By doing this you’re actually gaining as a provider. It establishes a greater purpose and meaning of what you do”

(manager)