

Breaking Bad News Checklist

SPIKES Protocol		Task	Done	Partially done	NOT Done
S	Setting	<ul style="list-style-type: none"> ▪ Ensure you are in a comfortable confidential room where you will not be interrupted. 			
P	Perception	<ul style="list-style-type: none"> ▪ Events that have led up to now. ▪ Ask them what they already know/expect. ▪ Spend some time trying to get them to say what the diagnosis is. 			
I	Invitation	<p>Check if the patient:</p> <ul style="list-style-type: none"> ▪ Wants to know the result now. ▪ Would like a family member to be present. 			
K	Knowledge	<p>Giving the diagnosis:</p> <ul style="list-style-type: none"> ▪ Build up to the result – give a warning shot. ▪ Chunk the diagnosis (stepped approach) . ▪ After every statement you say, pause & wait for the patient to ask the next question. 			
E	Emotions and Empathy	<ul style="list-style-type: none"> ▪ Acknowledge and reflect their emotions back (including body language). ▪ Don't try to solve their problems or reassure them, just listen and summaries/ bounce their concerns back to them and expand on them (it shows you are listening and conveys empathy). ▪ If there is a lot of silence, you can ask about their emotions . 			
s	Strategy and Summary	<ul style="list-style-type: none"> ▪ Agree on a plan. ▪ Summaries concerns. ▪ Ask how they are left feeling. 			