1. **We will have to talk about dying - COVID-19**

   - **All clinicians, some working outside usual area**
   - How can we do this with confidence and empathy?
   - Openness, compassion, dignity

2. **Why is this so hard?**

   - **Before time**
   - **Natural process of life**
   - Cycle of life
   - Sleep more
   - Wake less
   - Become unconscious
   - Stay unconscious
   - Breathing stops

3. **Support + Preparation**

   - You are not alone
   - We don’t get it right every time
   - Emotions
   - Take time to think about the things you are going to say

4. **REDMAP framework**

   - CPR
   - Power of silence
   - Listening
   - Leave space for questions

5. **Things you might say...**

   - What I’m saying is hard to hear
   - It’s important to be honest with you
   - That didn’t come out right
   - Can I start again?
   - Sick enough to die
   - We are in a different place now
   - This is your final journey
   - Debrief with a colleague
   - Check-in with yourself

   - **CPR**
   - We won’t use machines that cause harm
   - We won’t press on your chest if you don’t stop breathing

   - **Listening**
   - Power of silence

   - **Prepare**
   - Anxious and fearful
   - It’s OK to feel anxious and fearful

   - **Expect**
   - What do you know/want to ask?

   - **Diagnosis**
   - We know/don’t know

   - **Matters**
   - What matters to you?

   - **Plan**
   - This can help/this will not help
   - Let’s plan good care for you + your family

   - **Plan**
   - For you + your family

   - **Action**
   - For you + your family