

## 12 Slip End of Life Simulation

Give each participant a piece of paper with the instructions to create 12 separate slips. (you get to see who your OCD participants are quick) Size and neatness do not matter.

You will want tissues on the tables.

### **On the slips of paper, they will need to write the following things:**

- Three people that are important to you or people loved by you (people you would go to for support)
- Three things you own that you couldn't live without
- Three of your favorite activities- things you enjoy doing regularly- they bring you fulfillment
- Three personal attributes that you are proud to have.

**Each slip of paper should have something written on it to a total of 12**

### **Instructions given-**

- Clear off the space in front of you except for the slips of paper, remove cell phones
- Make sure you can read what is written on each slip of paper
- The rest of this is done in Silence
- You get out of it what you put in
- I will read a story and you will need to follow instructions

**Start Simulation:** *(A calm voice and strong story telling tone really brings it home)*

Read each slip of paper in front of you to yourself, this is who you are. These are the people that are special to you. The activities that bring you joy. The pieces that make you proud of who you are.

You are at the doctor's office; you get the diagnosis of Cancer. You have 30 seconds to **tear up 3 slips of paper, go.**

You are home, the shock, the numbness filling your body. Read the slips in front of you. Who is there? Are they holding your hand? What are they saying to you? What do you want them to say? **Tear up 3 more pieces of paper.**

It has been 2 months, your symptoms have worsened, everything feels heavy and takes more effort. So many pills to swallow. Where are you? Who is there? Are they holding your hand? What are they saying? What do you want them to say? **Tear up 2 slips of paper**

Read the slips of paper in front of you, what is left?

It is now four months since the diagnosis. You are exhausted, the pain is relentless. The side effects of the medications make you question their worth. Who is with you? Are they helping you? Are they holding your hand? What are they saying, what do you want them to say? What brings you joy now? **Tear up 2 slips of paper**

Look at the slips of paper... read each one

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It is 5 months since that doctor's appointment, breathing has become difficult. Every breath takes effort, you must pull it in and push it out. The smallest daily activity takes all your energy. The pain fills every fiber of your being. Who is with you? Where are you? What are they saying to you, what do you want them to say? **Turn over your slips of paper**

Instructor: go around and rip up one of the 2

Flip over your slip of paper... **Tear it up**, you have died.

Give a minute of silence for them to regain composure

**Reflection Ideas:** Discuss in groups or as one big group

How do you feel?

What did you rip up first? Why?

What went last? Why?

What surprised you about this experience?

How did you feel when I or We tore up your piece of paper?

When you work with patients, where are they in this process? How many slips do they have left?

Why do you think you had the feelings you did?

We must be self-aware of our own mortality if we are able to walk with patients or loved ones down this path. We need to understand our feelings so we can control our responses to them as they will be triggered and not always at the best of times. Empathy, as we take this journey, is a must.