

If you have any questions,  
please contact the Unit Clerk,  
Charge Nurse, or Clinical Lead:

3A Medical Surgical ICU  
VG site, QEII Health Sciences Centre  
Phone: 902-473-6513

5.2 Medical Surgical Neuro ICU  
HI site, QEII Health Sciences Centre  
Phone: 902-473-8627



2022

# The 3 Wishes Project

Helping to make  
meaningful memories  
at the end of life

What are your questions?  
Please ask.  
We are here to help you.

#### Looking for more health information?

Find this pamphlet and all our patient resources here:

<https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

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*Prepared by: The 3 Wishes Project staff, QEII*

*Designed by: Nova Scotia Health Library Services*

The information in this pamphlet is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.



The goal of the 3 Wishes Project is to improve the end-of-life experience for patients in the Intensive Care Unit (ICU) and their loved ones.



The ICU can be a stressful place for patients and their loved ones. The 3 Wishes Project brings patients peace in their final days and helps to ease the grieving process for their loved ones.

**We help:**

- › patients dignify, honour, and celebrate their lives.
- › family members take part in the end-of-life process, helping them create positive memories of this time.
- › ICU staff support patient and family-centered care, and are reminded of the value of their work.



To help us give your loved one better care, please tell us:



- **Who** is important to them?
- **What** is important to them?
- **How can we help** to honour them?

**Here are some examples of wishes made by patients and their loved ones:**

- Arrange to bring family and friends together.
- Make the ICU room more comfortable with photos, music, lighting, and more.
- Give spiritual and religious support.
- Host a tribute to the patient with their family members, friends, and staff.
- Create a word cloud in honour of the patient.



The 3 Wishes Project started in the ICU at St. Joseph's Healthcare Hamilton in 2013. The Project was started to help improve the end-of-life experience for patients, families, and clinicians. It encourages specific wishes unique to each patient and their loved ones. It has been offered in Halifax since 2018.

The 3 Wishes Project is supported by the Department of Critical Care, the QEII Foundation, and generous donations from the local community, the ICU health care team, and members of The 3 Wishes Project team.

