The 3 Wishes Project

Helping to make meaningful memories at the end of life
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 families.

The ICU can be a stressful place for patients, families, and clinicians. The 3 Wishes Project brings peace to the final days of a patient’s life and helps to ease the grieving process for those left behind.

**We help:**
patients dignify, honour, and celebrate their lives

› family members humanize the end-of-life process and create positive memories
› ICU staff foster patient and family-centered care, and inspire meaning in the workplace
To help us provide better care for your loved one, 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 families:

• Arrange to bring family and friends together.

• Make the ICU room more comfortable with photos, music, lighting, and more.

• Provide 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 originated in the ICU at St. Joseph’s Healthcare Hamilton in 2013. The Project 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 healthcare team, and members of The 3 Wishes Project team.
The 3 Wishes Project team:

**Victoria General (VG) site**
- Marlene Ash – ICU Nurse
- Katelynn Bearnes – ICU Nurse
- Lesley Bishop – ICU Resource Nurse
- David Puxley – Spiritual Care
- John Thompson – Social Worker

**Halifax Infirmary (HI) site**
- Bonnie Conrad – Palliative Care Nurse
- Jennifer Gracie – Social Worker
- Elizabeth Hobson – ICU Nurse
- Elinor Kelly – ICU Resource Nurse
- Monica Price – Spiritual Care

**VG and HI sites**
- Dr. Marko Balan – Critical Care Resident
- Dr. Robert Horton – Palliative Care Doctor
- Dr. Jennifer Hancock – Critical Care Doctor
- Dr. Sarah McMullen – Critical Care Doctor
What are your questions?  
Please ask.  
We are here to help you.

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