

2018

# The 3 Wishes Project

Helping to make  
meaningful memories  
at the end of life



[www.nshealth.ca](http://www.nshealth.ca)

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 Bearnese – 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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<http://library.nshealth.ca/PatientGuides>

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*

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