

# BREAKING BAD NEWS

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## SPIKES

- S- setting (who else to include)
- P- perception (what does the pt know)
- I- inquiry (what does the pt want to know)
- K- knowledge (share info)
- E- respond to emotions
- S- summary, plan

### 1) Setting- who else to include

- What brings you in today?
- Is there anyone else that you would like to include in this conversation?

### 2) Perception- what does the pt know

- What have you been told so far?
- **FIFE**
  - Do you have any **feelings** or concerns about this? What concerns you the most?
  - Do you have any **ideas** of what is going on?
  - How has this **impacted your function**? If you were to have \_\_, how would this impact your life?
  - What are **your expectations**?

### 3) Inquiry- what does the pt want to know

- How much would you like to know about what is going on? Are you the kind of person who like to know everything or a summary?
  - If does not want to know: Many people feel this way and my role is not to force information on you. I will put a note in your chart. If you change your mind or have any questions in the future, please feel free to ask. In the mean time, we can talk about a treatment plan → move on to summary/plan

### 4) Knowledge- share info

- We will first talk about the results and then the plan. You were worried about ... and unfortunately I have bad news. The ... showed... This means ... (give info in small chunks).

### 5) Respond to emotions

- I can see that you are upset about this. \*give tissues\* I can only imagine how difficult this is for you.
  - Angry: would you like to have some time to yourself or would you like to talk about this right now
  - Shocked: I know that this may come as shock. It takes time to process this. Is there someone that you can talk to in this situation? Would you like to talk with them and then come in tomorrow and we will talk together.
- What worries you the most about this right now?
- **Support:** I want for you to know that you are not alone. I will support you through this. Is there anyone that you can talk to about this or rely on for support?
  - Family/friends, anyone who went through a similar experience, services in community
  - Palliative/oncology: is there a doctor that you feel more comfortable with?

### 6) Summary, plan

- I know that I have given you a lot of information. What do you understand about this so far? Do you have any questions?
- Summary.
- **Plan:** Now, let's talk about a plan. Outline treatment options (including no treatment) and prognosis.
- It is your decision of what you would like to do next.
- Do you have any questions? Is there anything else that you would like to talk about?
- **F/U:** Would you like to go home and think about all of this? We will meet again \_\_ and talk about this. In the mean time, if you have any questions, please write them down or call the office.

# References

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