



The *EthicsLab Essentials* provides a core curriculum designed to enrich ethics committee members through a podcast and website format. A podcast format was chosen due to its easy accessibility and learning schedule flexibility for the listener.

Episode: Goals of Care

Description:

Goals of Care conversations may seem, on the surface, as a rather obvious part of high quality patient care. Although certainly true, the practice of providing these conversations is varied, episodic, and at times poorly performed. In this podcast, we explore the concept of *Goals of Care* to more broadly flesh out its meaning. The guests offer expert opinion on optimal structures for *Goals of Care* conversations and how to be consistent in their delivery. Stories of their own journeys to optimize this work within their respective institutions is incredibly instructive.

Process:

Have your ethics team members listen to this podcast prior to your regular ethics committee meeting. Then, at your meeting facilitate a discussion and application of the episode around the following questions.

Facilitation Questions:

- What is the ethics program doing to ensure *Goals of Care* discussions are an essential element of good clinical practice?
- What area or areas of support can an ethics program lend to a culture that supports *Goals of Care* conversations?
- How can a strategic Advance Care Planning program be an integral part of an overall approach to *Goals of Care*?