

## “3 Wishes Project” and Individualization of End-of-Life Care

**Background.** Multiple nursing and medical organizations recommend that individualized end-of-life (EOL) care should be standard practice. However, a standardized approach does not exist because EOL care should be individually tailored. The “3 Wishes Project” (3WP) is an EOL intervention that provides direction for individualized EOL care. 3WP has 3 goals: dignify death, celebrate the patient’s life, and support family members and the intensive care unit (ICU) clinicians caring for the patient. Patients and/or families are given the opportunity to choose 3 wishes during the dying process.

**Objective.** The purpose of the project was to determine if the implementation of the 3WP allowed the medical team to provide individualized EOL care.

**Methods.** The IOWA model was used for this evidence-based project. The project was implemented in the Medical ICU at an academic medical center. Outcomes were evaluated by the collection and analysis of qualitative and quantitative data.

**Results.** 57 patients died during the 2-month implementation period. 31 patients participated and 1 declined. Overall participation was 55%. Top 5 wishes were cloth hearts, blanket, heart beat printouts, fingerprints/handprints, and music. The total cost was \$940 and the cost per wish was \$6.98. Approximately 85% of the 39 survey respondents indicated that they either agreed or strongly agreed that the project allowed the medical team to consistently provide individualized EOL care.

**Conclusions.** The survey data supports the 3WP as a method that allowed the medical team to individualize EOL care and is a valuable tool for incorporation at the bedside.