



# *The Health Care IQ Test*

For family or physician

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**Marshall, Parker & Weber, LLC**  
*Elder Law & Estate Planning for Over 35 Years*

# *Instructions*

## The Health Care IQ Test For Family or Physicians

How well does your family, health care Agent, or doctor know your health care wishes?

This short test can give you some sense of how well you have communicated your wishes to them. Consider this a tool to promote better conversation and understanding.

### **STEP 1:**

Answer the 10 questions using the Personal Medical Preferences test which follows.

### **STEP 2:**

Then, ask your health care Agent, family member, or close friend to complete the Agent's Understanding of Your Personal Medical Preferences Test. The questions are the same. Don't reveal your answers until after they take the test. They should answer the questions in the way they think you would answer. (Try the same test with your doctor, too.)

### **STEP 3:**

GRADING - Count one point for each question on which you and your Agent (or you and your doctor) gave the same answer. Their "Health Care Decision IQ" is rated as follows:

Points Grade

10 Superior ... You are doing a great job communicating!

8 - 9 Good ... Need some fine tuning!

6 - 7 Fair ... More discussion needed.

5 => Poor ... You have a lot of talking to do!

**1. Imagine that you had Alzheimer's Disease and it had progressed to the point where you could no longer recognize or converse with your loved ones. When spoon feeding was no longer possible, would you want to be fed by a tube into your stomach?**

- a. Yes
- b. No
- c. I am uncertain

**2. Which of the following do you fear most near the end of life?**

- a. Being in pain
- b. Losing the ability to think
- c. Being a financial burden on loved ones

**3. Imagine that...**

**You are now seriously ill and doctors are recommending chemotherapy, and this chemotherapy usually has very severe side effects, such as pain, nausea, vomiting, and weakness that could last for 2 - 3 months.**

**Would you be willing to endure the side effects if the chance of regaining your current health was less than 2 percent?**

- a. Yes
- b. No
- c. I am uncertain

**4. In the same scenario, suppose that your condition is clearly terminal, but the chemotherapy might give you 6 additional months of life. Would you want the chemotherapy even though it has severe side effects (frequent pain, nausea, vomiting, and weakness)?**

- a. Yes
- b. No
- c. I am uncertain

**5. If you were terminally ill with a condition that caused much pain, would you want to be sedated, even to the point of unconsciousness, if it were necessary to control your pain?**

- a. Yes
- b. No
- c. I am uncertain

**6. Imagine that...**

**You have moderate dementia causing mental confusion. About half the time, you recognize and interact with friends and loved ones on a simple level.**

**You also have circulatory problems, which resulted in one leg being amputated because it developed gangrene. Now, the other leg develops gangrene and the doctor recommends amputation because the condition could be fatal.**

**Would you want the operation?**

- a. Yes
- b. No
- c. I am uncertain

**7. Is it more important for you to: (a) have your specific treatment preferences followed at the end of life even if family members or friends disagree, or (b) have family and friends all in agreement and comfortable with whatever decision is made?**

- a. Have specific preferences followed, even if there is disagreement
- b. Have family and friends all in agreement
- c. I am uncertain

**8. Imagine that...**

You are physically frail and you need help with most routine daily activities -- dressing, bathing, eating, and going to the toilet.

You live in a nursing home.

Your mind is fairly clear and capable most of the time.

You have had pneumonia or other lung infections four times in the last year.

Each time you had to be hospitalized for several days and given antibiotics through an I-V tube.

The next time you get pneumonia, do you want aggressive antibiotic treatment again or just comfort care until death comes?

- a. Antibiotic treatment
- b. Comfort Care
- c. I am uncertain

**9. Imagine that...**

You are in a permanent coma, and you are dependent on a tube inserted into your stomach for nutrition and hydration, food and water. Would it be important to you that decisions about your treatment be guided by particular religious beliefs or spiritual values that you hold?

- a. Yes
- b. No
- c. I am uncertain

**10. If your heart, kidneys, pancreas, lungs, and liver could all be used in transplant operations to save lives, would you want to donate them at death?**

- a. Yes
- b. No
- c. I am uncertain

# **AGENT'S UNDERSTANDING OF YOUR PERSONAL MEDICAL PREFERENCES TO BE COMPLETED BY YOUR NAMED HEALTH CARE AGENT, FAMILY MEMBER, CLOSE FRIEND, OR PHYSICIAN.**

## **Instructions:**

Answering the following questions in the way you think "N" (name: \_\_\_\_\_) would answer.

1. Imagine that N had Alzheimer's Disease and it had progressed to the point where he/she could not recognize or converse with his/her loved ones. When spoon feeding was no longer possible, would N want to be fed by a tube into his/her stomach?

- a. Yes
- b. No
- c. I am uncertain

2. Which of the following do you think N fears most near the end of life?

- a. Being in pain
- b. Losing the ability to think
- c. Being a financial burden on loved ones

3. Imagine that N is now seriously ill and doctors are recommending chemotherapy, and this chemotherapy usually has very severe side effects, such as pain, nausea, vomiting, and weakness that could last for 2 - 3 months.

Would N be willing to endure the side effects if the chance of regaining his/her current health was less than 2 percent?

- a. Yes
- b. No
- c. I am uncertain

**4. In the same scenario, suppose that his/her condition is clearly terminal, but the chemotherapy might give him/her 6 additional months of life. Would N want the chemotherapy even though it has severe side effects (frequent pain, nausea, vomiting, and weakness)?**

- a. Yes
- b. No
- c. I am uncertain

**5. If N were terminally ill with a condition that caused much pain, would N want to be sedated, even to the point of unconsciousness, if it were necessary to control the pain?**

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**N also has circulatory problems, which resulted in one leg amputated because it developed gangrene. Now, the other leg develops gangrene and the doctor recommends amputation because the condition could be fatal.**

**Would N want the operation?**

- a. Yes
- b. No
- c. I am uncertain

**7. Is it more important for N to: (a) have his/her specific treatment preferences followed at the end of life even if family members or friends disagree, or (b) have family and friends all in agreement and comfortable with whatever decision is made?**

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N lives in a nursing home

N's mind is fairly clear and capable most of the time, and

N has had pneumonia or other lung infections four times in the last year.

Each time he/she had to be hospitalized for several days and given antibiotics through an I-V tube.

The next time N gets pneumonia, does he/she want aggressive antibiotic treatment again or just comfort care until death comes?

- a. Antibiotic treatment
- b. Comfort care
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**9. Imagine that N...**

is in a permanent coma, and is dependent on a tube inserted into his/her stomach for nutrition and hydration, food and water.

Would it be important to N that decisions about N's treatment be guided by particular religious beliefs or spiritual values held by N?

- a. Yes
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- c. I am uncertain

**10. If N's heart, kidneys, pancreas, lungs, and liver could all be used in transplant operations to save lives, would he/she want to donate them at death?**

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