

# CAT OUT OF THE BAG

AN AUDIT EVALUATION OF PATIENT EXPERIENCE, DISCUSSION and WHAT MATTERS



## Audit Aim:

To establish the concepts that matter to those living with life limiting illness

## Setting:

Edwina Bradley Day Hospice

## Methodology:

Analysis of peer driven discussion over a 6-session timeframe  
52 participants

27 men & 25 women

## Results:

- 100% participation, with profound engagement
- Six themes identified
- Three recurring themes

**Memory Boxes**  
**Uncertainty**  
**Preferred Place of Care**

## In Their Own Words

- *"It's important to have this time, where else could you be so open and frank and get away with it..."*
- *"No doctor will just give it to you straight, in case it doesn't happen a certain way..."*
- *"It's better to know 100%, then you know what you are dealing with and can do it head on..."*
- *"I couldn't imagine being in your position, it's the not knowing that's the worst..."*
- *"Obviously you're focusing on not being here any longer and no one likes thinking about that, but it has to be done..."*
- *"I want to stay at home but I wonder about my future care and what that will look like, I think about it all the time..."*
- *"I have heard of Memory Boxes and I always thought they sounded a bit morbid, but now you've explained it I'll give it a go..."*
- *"Even specialists won't commit themselves but this just makes it more hard for families trying to plan ahead..."*
- *"It is hard to admit you need help but your body tells you when you need to stay with others..."*
- *"I make myself get up and walk around, even if it's just to the other room and back..."*

Authors: Lynsey A Graham (Physiotherapist), Lisa McConnell (Volunteer Artist), Katy Paterson (Senior Physiotherapist), Jacquie Smith (Director of Education) and Morgan Toal (Occupational Therapist)  
St Margaret of Scotland Hospice