

# Assessment Resources: "No" States

## NHPCO Medical Aid in Dying Resource Series



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Due diligence of bio-psycho-social-cultural-spiritual assessment when patient/family request Medical Aid in Dying. (This is designed to support professionals in "No" states to provide competent follow up when a patient or family requests MAID. The goal of the assessment is to determine what sources of suffering are not being adequately addressed that the team needs to tend to since MAID is not an option.

Professionals working with patients facing decisions related to end-of-life care may be faced with challenges when patients or families are requesting information on assisted death options. Assessments may clarify the needs of the patient or family and focus the plan of care based on those needs. Below are the Needs of a Social Nature, Existential Concerns, Symptoms and Therapeutic Interaction (NEST) and Edmonton System Assessment Scale (ESAS), which address the biological, psychosocial, and cultural/spiritual assessments.

- [Download the NEST and ESAS](#)  
(NEST 13 questions are the starting assessment. NEST 48 are the deeper dive questions that go along with NEST 13. ESAS is completed based on the answers for NEST 13 questions 5 & 6. These questions can be used in both Yes and No states.)
- [Curbside Consultation Medical Aid in Dying](#), David Nowels, Greg Vandekieft, and Jennifer Ballentine, *American Family Physician*, 97(5), 339–343. Provides an easy-to-follow guideline for responding to patient requests for medical aid in dying, including exploration of underlying unmet needs and motivations, affirmations of commitment to care, appropriate interventions, and discussion of alternatives and/or facilitation of the available legal process.
- [PC Fast Facts: Evaluating Requests to Hasten Death](#)
- [PC Fast Facts: Responding to Requests to Hasten Death](#)