

# The Gold Standards Framework in Acute Hospitals

**Information for patients,  
families and carers**

Planning the right care for you and  
your family

# What is the Gold Standards Framework (GSF)?

## The Gold Standards Framework

GSF is a framework to help clinicians deliver a 'gold standard of care' for all people as they near the end of their lives. It is widely used in GP practices, care homes and hospitals.

GSF is a very simple process that helps doctors, nurses and other staff involved in delivering care to identify patients, assess their needs and plan their care.

## The GSF programme aims are:

- To improve the **quality** of care provided for all patients with a life limiting condition.
- To improve **co-ordination** and **collaboration** with doctors and nurses and other professionals involved in your care . All professionals involved in your care will be aware of your care needs and your wishes and preferences for where you want to be cared for.
- To **reduce unnecessary hospitalisation** in the final stage of life, enabling more people to be cared for in a place and manner of their choosing.

## How will Gold Standards Framework improve the care you receive?

### How will I benefit?

The healthcare professionals will work with you to ensure:

- You have the right information you need to support you to make decisions and plan ahead.
- Anticipate, assess and treat any symptoms you may have.
- Help you identify what is important to you, where you would like to be cared for, what you do and don't want to happen.
- Provide information and support for your family.

- Make sure your GP and community staff are aware you are a GSF patient and communicate with them prior to any discharge plans.

## **What do I want?**

### **Advance care planning**

You may want to write down your thoughts for the future. It is important that someone knows where to find it. You can get help to talk about advance care planning. Talk to your doctor or the nurses who will know what to do. It will probably help to include your family members if you can.

### **Advance statement: who can speak for me?**

You can choose someone to speak on your behalf, in case you can't. This will ensure your wishes are known. This can be a named spokesperson, sometimes known as a Lasting Power of Attorney.

### **Advance decision to refuse treatment: what if I don't want a particular treatment?**

If you feel strongly that there are treatments that you don't want in the future, you can say so formally.

This may also be referred to as an ADRT.

## **How will the Gold Standards Framework affect you?**

### **What happens if your condition changes?**

Your care plan will change if your condition changes. This way the doctors and nurses can look after you and your family in the best possible way. They will manage any physical problems. Importantly, they will maintain your dignity and respect your wishes.

### **What about your family?**

GSF is here for your family and carers too. It reminds us to support your family throughout your illness and, with your consent, update and inform them regarding your care.

Doctors and nurses can talk to your family and discuss any concerns they have as a carer, as they may be entitled to a carer's assessment.

### **What information will we send to the GP?**

We will inform the GP to

- Include your name on the GSF register in general practice so your community team are aware of your care needs.
- Highlight the level of care you require.
- Inform the GP where you have got up to with your advance care planning discussions.

**GSF will help to improve coordination and collaboration between the hospital and the community services.**

### **What are the benefits of the Gold Standards Framework? (GSF)**

**The right care**

in

**the right place**

at

**the right time**

### **The National Gold Standards Framework (GSF) Centre**

The National GSF Centre is the leading provider of training in end of life for all doctors, nurses and social care workers, ensuring better lives for people and recognised standards of care. They are dedicated to enabling all people to experience a 'gold standard' of care, whatever their condition and wherever they are being cared for.

GSF is about helping people live as well as possible right up until the end of their life.

It's a practical, co-ordinated approach focusing on giving people the opportunity to express their wishes and preferences for their final months through advance care planning discussions so that the professionals caring for them can fulfil those wishes.

**For further information, see the GSF website:**

[www.goldstandardsframework.org.uk](http://www.goldstandardsframework.org.uk) or email [info@gsfcentre.co.uk](mailto:info@gsfcentre.co.uk)

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If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The Specialist Palliative Care Team on 01384 244238

(available 9am – 5pm).

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://www.dgft.nhs.uk/services-and-wards/end-of-life-care/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

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