

# Fierro's Four R's

## A Tool For Surrogate Medical Decision-Making

You, as the surrogate medical decision-maker, do not have to decide what to do by yourself.

Let (your loved one) decide for himself or herself, following these four steps:

### 1. Reflect:

Think back and imagine (your loved one) when he or she was still able to make his or her own decisions.

### 2. Reconstruct preferences:

Answer the following questions: What are his or her favorite things? What is his or her favorite color? What are his or her hobbies? What is his or her favorite meal? What things did he or she dislike? \_\_\_\_\_

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### 3. Reconstruct values:

Think about whom he or she was, his or her opinions, his or her beliefs. What were his or her values? How did he or she choose to live his or her life? \_\_\_\_\_

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### 4. Review medical options and decide:

Now, imagine that (your loved one) is standing here beside you, looking at himself or herself here in this hospital bed. He or she hears the diagnosis and the available options the doctor has given. What does he or she want us to do, or not do next?" \_\_\_\_\_

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