

“ Here are some suggested phrases for introducing the topic to your patients.

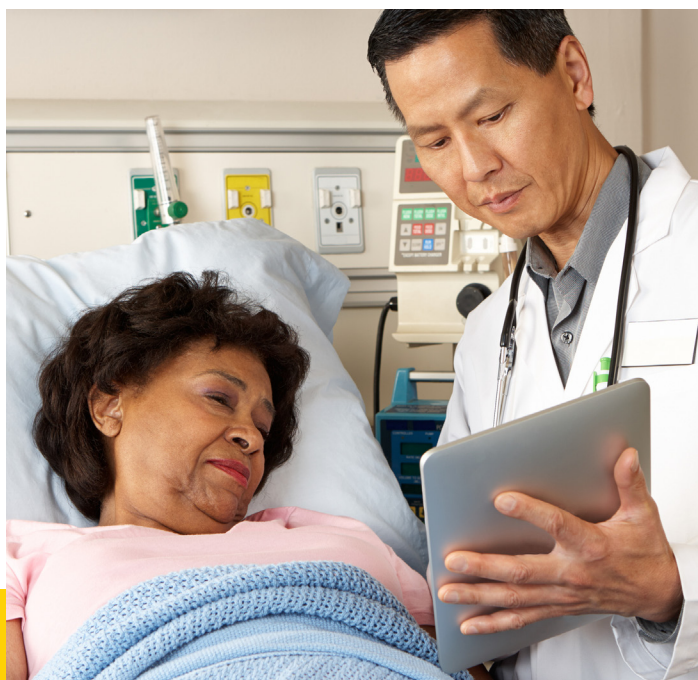


You are well now, but it is good to plan for the future. What if you suddenly became ill or had an accident – and couldn't speak for yourself?

- The best time to think about advance care planning is when you are well and are able to make decisions in a calm state of mind.
- If you were to get very sick and could not speak for yourself, who would you trust to make medical decisions for you?
- I'd like to talk to you about your wishes for care in case you get very sick. That might not happen, but if it does and you can't communicate,

it would be important to know who would speak for you and about your wishes for care.

- Advance care planning is similar to writing your will. It is good to be prepared and let your wishes be known.
- I want to give you the best care possible. Talking about your wishes will help me do that.
- What do we need to know about you as a person, in order to provide you with the best possible care?



Why should you encourage Advance Care Planning conversations?

Speak Up

Start the conversation about end-of-life care

 **CANCER**Care
A PROGRAM OF EASTERN HEALTH



Advance Care Planning

is a process of reflection and communication. It is a time for patients to reflect on their values and wishes, and to let others know what kind of health and personal care they would want in the future if they became incapable of consenting to or refusing treatment or other care. It involves having discussions with family and friends – especially their Substitute Decision Maker(s) – who is the person (or people) who will provide consent or refusal of consent for care and treatment if the patient is mentally incapable.

You have a relationship with your patients and they trust you.

This allows you to initiate the discussion and provide education about the importance of advance care planning.

- You have knowledge and expertise about their illness.
- Research shows us that advance care planning:
 - Improves quality of life and quality of end-of-life care;
 - Reduces stress and anxiety for patients, families and caregivers;
 - Improves communication between patients, families and the health care team; and
 - Reduces strain on the health care system.



Practical Suggestions

- **Learn** about the NL Legal Framework, and how Advance Care Planning connects to Health Care Consent.
- **Introduce** the topic of advance care planning to all patients.
- **Use** the scripts on reverse to start the conversation.
- **Refer** patients to **www.advancecareplanning.ca** to help them explore their wishes and values with their Substitute Decision Maker(s).
- **Offer** support and guidance as required to facilitate the conversation with the patient and his or her Substitute decision maker(s).
- **Allow** time for reflection (ACP) and decision-making (Advance Health Care Directive and/or Goals of Care designations).
- **Recognize** that this is a process and additional discussions may be required
- **Make** this a practice wide initiative by involving other healthcare professionals and practice staff.