

JUST ASK:

Talking to patients and families about Advance Care Planning



ASK YOUR PATIENT:

What do you understand about your illness or what's happening to you?

 Then offer to provide your view of prognosis, etc. Check who they may want present for this conversation.

Do you have an advance care plan? Do you know what I mean by this?

If yes, discuss details.

If no, then ask, "If we need to make decisions about your care and you were unable to speak for yourself, whom would you want me to speak to about your care?"

 Leads to natural exploration of role of Substitute Decision Maker (SDM) and need for someone. Have you talked to your SDM (or anyone else) about your wishes or preferences for health care that may come up (e.g., resuscitation)? May I ask what you discussed?

Explore discussions with family, SDM, health care providers.

What is important to you as you think about this topic?

Do you have the information you need to make decisions about the kinds of procedures you do or do not want if you become very sick with a life-threatening illness?

Find out more: www.advancecareplanning.ca

ASK YOURSELF:

- Did I ask my patient about preferences for end-of-life care?
- Do I know who to contact if the patient cannot communicate their wishes?
- Did I include the family?
- Do I feel confident that I know my patient's wishes for care?
- Did I accurately document the nature of the conversation?

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