

HAVE YOU HEARD PATIENTS SAY?

"I don't want to be a burden"

"I've had enough"

"Pt X was a good friend, I don't want to die like that"

"I've lived a good life"

"I don't want to be hooked up to a bunch of machines"

Advanced care planning is an involved process by which a capable adult talks over their beliefs, values and wishes for future health care with their close family/friends(s) and a health care provider in advance of a time when they may be incapable of deciding themselves.

BENEFITS

For patients and families:

- Preparation for living and dying well
- Promotes patient/family-centered care
- Decreases moral distress, for families and HCP
- Facilitates more peaceful end-of-life experience
- Individuals wishes are honored: fewer life-sustaining procedures and lower rates of intensive care unit admissions

For Health Care Professionals:

- We know and talk about the pt goals of care
- Removes burden form health care team
- Preferences for location of death known

BARRIERS

For patients and families:

- Lack of understanding regarding prognosis
- Unrealistic patient and family expectations
- Reluctance to broach end-of-life conversations

For Health Care Professionals:

- Limited time to engage in ACP
- Lack of consensus on when to start conversations
- Lack of training and resources
- Personal discomfort with subject
- Conflicting views between patient and provider
- Concern that ACP conversations could destroy hope

***Check your assumptions,
and ASK
to UNDERSTAND***

Advance Care Planning emphasizes not only decisions about whether to use a treatment but also practical arrangements, and includes attention to ethical, psychosocial, and spiritual issues related to starting, withholding, and stopping treatment such as dialysis.

WHERE TO START:

- Listen for the cues
- Explore their thinking
- Listen and respond
- Elicit reflection
- Know where to direct people for more info
- Avoid the trap of shutting conversation down
- Avoid blocking behaviors like changing the subject, giving reassurance, and/or looking away

QUESTIONS you might ask:

- What are your expectations? Hopes?
- What do you know about your prognosis?
- Are there things you worry about?
- What do you want us to know that will help us give you the best possible care?
- What gives your life meaning?
- What does quality of life mean for you? Tell me your thoughts?