

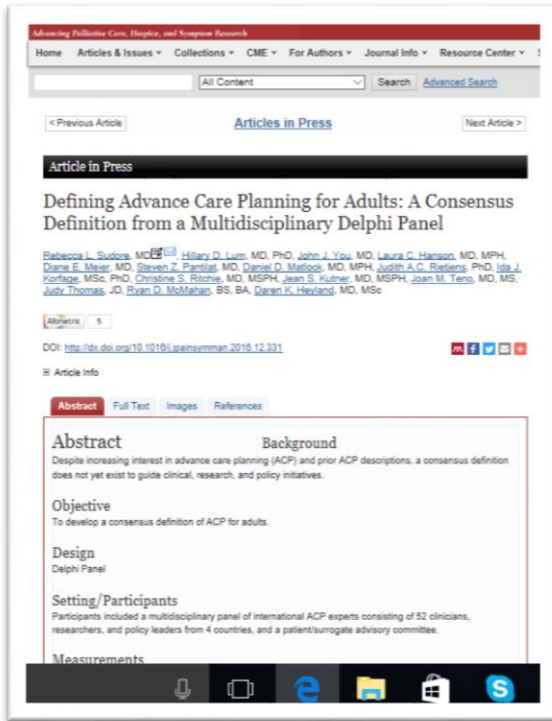
Advance Care Planning in Practice

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*"Advance care planning is a process that supports adults at **any age** or **stage of health** in understanding and sharing their personal **values, life goals, and preferences** regarding future medical care.*



*The goal of advance care planning is to help ensure that people receive medical care that is **consistent with their values, goals and preferences** during serious and chronic illness."*

Sudore, R.L., Lum, H.D., You, J.J., Hanson, L.C., Meier, D.E., Pantilat, S.Z., Matlock, D.D., Rietjens, J.A., Korfage, I.J., Ritchie, C.S. and Kutner, J.S., 2017. Defining Advance Care Planning for Adults: A Consensus Definition from a Multidisciplinary Delphi Panel. *Journal of Pain and Symptom Management*.

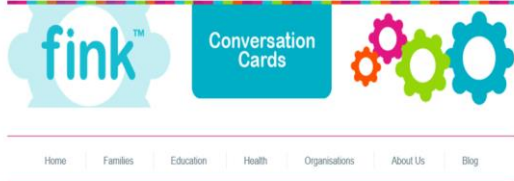


BENEFITS



Choice





My One Page End of Life Profile
 My name: XXX Date: 12th Sep 2018

How will decisions be made: who will be involved?
Ask me first, and then my daughter Suzanne if I can't tell you myself. Always start the conversation with

What is important to me...
Make sure my will is in place Will has been done and check all know where it is
Talking about where I want to die (at home) talk to GP and family about plans
Sorting out my funeral and funeral service and telling all my children discuss and talk with family

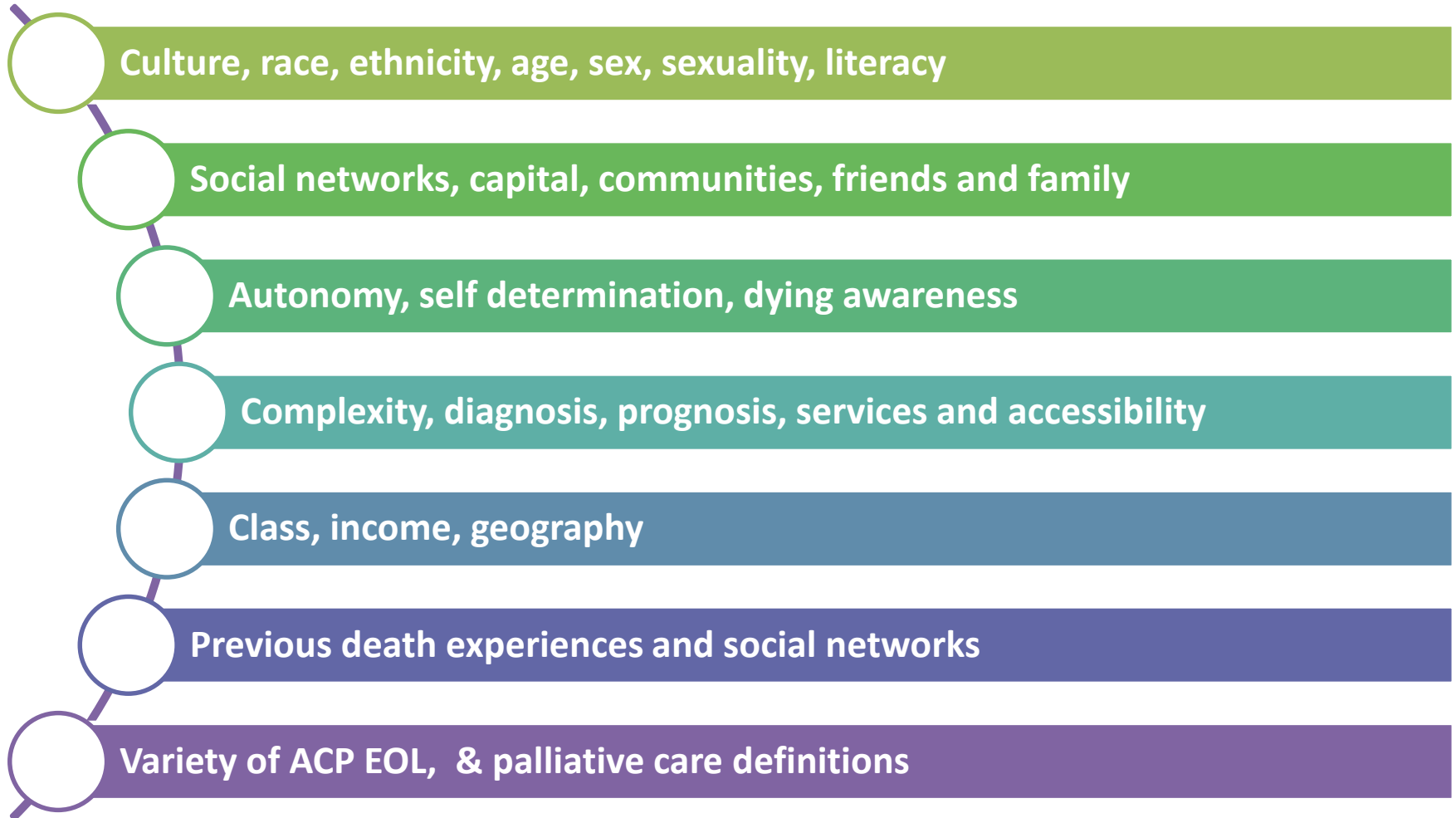
How to support me and those I love...
Not sure really... Give time to think and talk about what matters to her
Keep me updated about my health and I would like to see my family regularly
Make sure my children can still talk to me about what I want and also that I can tell them I love them.
Important to enable two way conversations to support her and her children, keeps identity as a mother. Keep family updated and use skype if necessary.

What MUST happen?
I want to die at home talk to family and GP, consider practical, emotional, social, spiritual, symptom issues
I don't want my heart to be restarted if it stops
discuss DNACPR form with her and family
All my children must know what is going on and how I am Check communication plan

What MUST NOT happen?
I do not want to die in hospital As opposite and check documentation informing of all relevant parties

Who I have shared this one-page profile with: *Please share with those involved in my care as necessary*

Other Influences...



What are the main barriers to completing Advance Care Planning?

What ideas do you have to overcome them?

Any Questions?

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