Learning Outcomes

• During this session the learner will:
  – Define the term “advance care plan”
  – Consider parts of an advance care plan
  – Identify the benefits of having an advance care plan
  – Discuss ways to infuse advance care plans into resident care and services
Advance Care Plan is:

- A plan
- Made in advance
- About care and services
WHY?
It **SHOULD** Include:

• POLST
• Advance directive/living will
• DPOA

*AT A MINIMUM*
But it’s more than that...
What Do We Typically Ask...NOW?

• Do you have a POLST form or advance directive?
  – Are you a code or no code?
• What funeral home do you prefer?
HOW MORBID IS THAT?
It’s a Part of Life...

But we don’t like to talk about it.
Assess

Diagnose

Plan

Implement

Evaluate

ASK

ASK

ASK

ASK
ACP is a Guide Based On
• Beliefs
• Experiences
• Wishes
• Views
• Opinions
• Choices
Consider the Following
“There is no natural time to have these conversations, except when a crisis comes, and that’s too late.”

“The lesson is, sometimes you can’t count on the doctor to lead the way. Sometimes the patient has to do it.”

Atul Gawande, MD
It is Our Responsibility To...

• Bring up the topic of dying
• Explain the “what if’s”
• Create an opportunity for discussion
• Offer options
• Support decisions
• Document and share the plan
• Follow up
It Can Dig a Little Deeper

Where do I want to be?

Do I want to go out 911?

Who do I want by my side?

How much & what kind of care will I want?

Musci? TV? Favorite movie playing?

Personal thoughts, ideas, wants

Treat or comfort?
The Guideposts of Care

- What are your fears?
- What are your priorities?
- What are you willing to sacrifice?
- What are you NOT willing to sacrifice?

The resident maintains control over these issues
Why Ask About This?

- It matters
- Avoid family squabbles
- Honor the person
- Provide the level and type of care the person wants
- Make dying a part of living
- Allows us to better understand why a person makes the decisions he does
When Should I Ask?

• Upon move-in

• Revisit and revise:
  – Whenever you do a full re-assessment
  – Upon changes in condition

• Include:
  – POLST decisions
  – Living Will, DPOA decisions
  – Advance Care Plan details
YOU ARE THE EXPERT

- Share information
- Educate on facts
- Support decisions
- LISTEN
Questions, Discussion