# Advance Care Planning

Gill Hutchinson
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## Holiday Plans

- Plan ahead where you would like to visit
- Talk to others about your plans
- Take out travel insurance
- Mixed emotions

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## What is Advance Care Planning?

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.'

International Consensus Definition of Advance Care Planning (Sudore et al 2017)

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## Future Care Planning

We plan many things in our lives…….

- Having a baby/ having a birthing plan
- Our career
- Moving house
- Finances

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## Why Plan Ahead?

- Ensuring our families/ carers know what we want, reduced anxiety and depression in bereaved relatives
- Enables greater autonomy, choice and control - respects the person's human rights, enabling a sense of retaining control, self-determination and empowerment
- Reduced unwanted or futile invasive interventions, treatments or hospital admissions, guiding those involved in care to provide appropriate levels of treatment
- Enables deeper discussions and consideration of spiritual or existential issues, reflection on meaning and priorities and encourage resilience and realistic hope

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## Advance Care Planning (ACP)

1. Think
2. Talk
3. Record
4. Discuss
5. Share

1. **Think-** about the future - what is important to you, what you want to happen or not to happen if you became unwell
2. **Talk-** with family and friends, and ask someone to be your proxy spokesperson or Lasting Power of Attorney (LPOA) if you could no longer speak for yourself
3. **Record-** write down your thoughts as your own ACP, including your spokesperson and store this safely
4. **Discuss** your plans with your doctor, nurses or carers, and this might include a further discussion about resuscitation ( DNAR or Respect ) or refusing further treatment (ADRT)
5. **Share this** information with others who need to know about you, through your health records or other means, and review it regularly.

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## Advanced statements can include:

At this time in your life, what is important to you?

What elements of care are important to you and what would you like to happen in future?

What would you NOT want to happen? Is there anything that you worry about or fear happening?

Who would speak for you - your nominated proxy spokesperson or Lasting Power of Attorney?

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## Advance Statements

Not a legally binding document, they are important and should be taken into account in decision making.

The Mental Capacity Act section 4.6 affirms that Advance Statements of wishes can be taken into account when considering best interest and stated preference of the patient involved: "In determining for the purposes of this Act what is in a person's best interests.....He/she must consider....(a) the person's past and present wishes and feelings (and, in particular, any relevant written statement made by them when they had capacity)."

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## Advanced Care Planning

•Advance statements / consider lasting power of attorney (LPA) (health and welfare)

•Preferred Place of Care (PPC)

•Advance decisions to refuse treatments (ADRT) ( This is a medical decision)

•Do Not Attempt Cardio-Pulmonary Resuscitation (DNACPR) (Medical decision)

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## Advanced Care Planning

- Made a will
- Considered organ donation
- Cultural, spiritual religious needs

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## SUMMARY

- ACP is a process which involves talking and thinking about future care/illnesses/life with illness.
- It can lead to leaving instructions to help others decide in the event of incapacity.
- It can help a person to think about what is important to them as they prepare for illness or the last phase of life, and help them refocus.

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**Thank you**

**Any Questions?**

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