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I’m Not Sick! I’m Young and Healthy! Why Start Planning for the End of Life Now? Let’s Start a Conversation...

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I’m Not Sick!
I’m Young and Healthy!
Why Start Planning for the End of Life Now?

Let’s Start a Conversation ……..
Advance Care Planning

- A **PROCESS** that enables individuals to discuss their values, preferences, and goals of care for medical treatment and end-of-life (EOL) care to ensure these wishes are honored should the individual lose the ability to make decisions or communicate their wishes.

- It is not simply completing a form or assigning someone to make healthcare decisions for you.

- It is about having **meaningful conversations** with family, friends, and your healthcare provider so that your wishes are honored at the end of life.
“.....even if I’m dying, until I actually die, I’m still living”

- Paul Kalanithi
Is Advance Care Planning Really Relevant to Me?
Unintended Injuries

#1 cause of death in adolescents and young adults (< 44)

3rd leading cause of death for adults 45-64

Includes motor vehicle and other transport related accidents, falls, accidental drownings, discharge of firearms, and poisonings, and exposure to smoke and fires

https://www.cdc.gov/nchs/data/nvsr/nvsr67/nvsr67_06.pdf
We all belong to families who may be:

• Healthy and suffer a life-altering event
• Receive a terminal diagnosis
• Living with multiple chronic illnesses complicated by an acute illness/injury such as pneumonia or a broken hip
• Progressively worsening life-limiting illness
  – Heart failure
  – COPD
  – Kidney disease
  – Alzheimer’s disease
Evolution of Advance Care Planning
Nancy Cruzan Case

- https://www.youtube.com/watch?v=mZO2te-sv3g
Evolution of ACP

• **The Patient Self-Determination Act**

  – Requires healthcare facilities to notify patients about their rights to make decisions regarding their medical care, to accept or refuse medical treatment, and to make an advance healthcare directive

  • **Living Wills**
  • **Durable Power of Attorney for Health Care**

  – Resulted in an increase in documentation of advance directives, but it did not substantially improve communication between patients and providers about medical interventions or improve care.

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Ineffectiveness of Traditional Advance Healthcare Directives

- Focus on patient’s legal rights, but do not ensure patients have appropriate knowledge of medical problem, prognosis, and risk and benefits of treatment options to make informed decisions.

- Based on patient autonomy, which may not be consistent with individuals who value collective decision-making.

- End-of-life planning process concludes when initial advance directive is completed.

- Surrogate decision-makers often feel unprepared to make decisions.

- Complexity of today’s healthcare environment.
Evolution of ACP

• Initiatives to promote more comprehensive ACP with a greater focus on what **good care** means to the patient
  – Respecting Choices
    • https://respectingchoices.org/
  – Five Wishes
    • https://fivewishes.org/
  – The Conversation Project
    • https://theconversationproject.org/
  – Common Practice/Hello Game
    • https://commonpractice.com/products/hello-game
Step 1: [https://www.youtube.com/watch?v=iTxv-20ULwQ&t=8s](https://www.youtube.com/watch?v=iTxv-20ULwQ&t=8s)

Think about what matters to you and identify the best people to have a conversation with
How to Choose a Health Care Proxy

&

How to Be a Health Care Proxy

Who will make health decisions for me if I am...?

- Mandy
- Ella
- Peter
- Rachel
- Martin
- Donna
Next Steps ..... 

How do we initiate and conduct the conversation?
Who is ready to practice?
Activity Guidelines

• If this activity makes you uncomfortable, you do not need to participate

• Please take 5 minutes to think about how you would answer any of the questions provided. You can write down your responses if you wish.

• In groups of 2-3, discuss your responses and how answering the questions made you feel.

• We will then provide an opportunity for individuals to present their thoughts and ideas to the entire group

• There are no right or wrong answers

• Please be respectful and grateful to those who are willing to share
How Conversations Can Help

• [https://www.youtube.com/watch?v=vGsTiOQqWpg&list=PLQAUMod7-bOtWGyVXr7zzRrCZNE6mmbLF&index=2&t=0s](https://www.youtube.com/watch?v=vGsTiOQqWpg&list=PLQAUMod7-bOtWGyVXr7zzRrCZNE6mmbLF&index=2&t=0s)

• It is still very important to document your wishes for end-of-life care on a state approved living will document and to assign a durable power of attorney for healthcare decisions.

• It is also very important to include your health care provider in discussions to ensure that you have a good understanding of your medical conditions and risks and benefits of various treatment options.