Confident Conversations: Discussing End-of- Life Health Care Issues

Lisa Bernard, MD Tammi Watkins, APRN, ACHPN



Kansas City Hospice

& PALLIATIVE CARE



Why is this important?

How is being confident in this conversation a gift?

Advanced Care Planning for Health Care Decisions

- When to begin planning
- How to begin the conversation

ADVANCE HEALTH CARE DIRECTIVE INSTRUCTIONS Part 1 of this form lets you name another individual as agent to make health care decisions become incapable of making your own decisions, or if you was someone else to make those you now even though you are still capable. You may also nand, an alternate agent to act for choice is not willing, able, or reasonably available to make do sons for you. or supervising health care provider. agent also may not be re facility or a residential care to where you are receiv tution where you are receiving as 168 such person is n form, your agent will have the righ any care, treatment, service, or proo maintain, d kal condition. and institutions. Approve or disapprove diagnostic real procedures, and profmedia 4. Direct the provision, withholding, or withdra Miscal nutrition and h t and a of health care, including cardiopulmonary result

What is an Advanced Directive?

- It is a legal document explaining your choices for medical services if you cannot make the decision yourself
- Different types of Advanced Directives:
 - Living Will
 - Durable Power of Attorney for Health Care Decisions
 - TPOPP/POLST



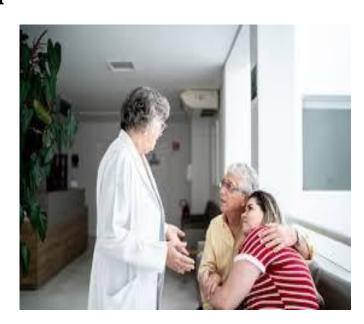
Life-sustaining Treatment Decisions

- Intubation
- Chest Compressions
- IV Hydration & Nutrition
- DNR vs. AND (Allow Natural Death)
- Stopping Treatment (dialysis, chemo)



How can the lack of this information impact the family?

- Indecision & avoidance
- Prolong symptoms
- Miss out on meaningful moments
- Family conflict
- Financial burden
- Increased fear and anxiety





Resources to help with having confident conversations:

- Caring Conversations
 <u>www.practicalbioethics.org/featured-resources/caring-conversations/</u>
- Five Wishes www.fivewishes.org
- Transportable Physician Orders for Patient Preferences (TPOPP/POLST)
 - www.practicalbioethics.org/programs
- Advanced Directive Form <u>www.caringinfo.org/planning/advance-directives/by-state/</u>



Pre-planning Funeral Arrangements

- Pre-pay services
- Type of service desired
- Organ donor
- Donation for medical Research
- Obituary







Confident Conversations are Important Gifts

- Makes your wishes or your loved ones wishes know
- Reduces conflict
- Leaves room for what matters most

Questions?

Additional Resources and Presentation

KCHospice.org/confidentconversations

