

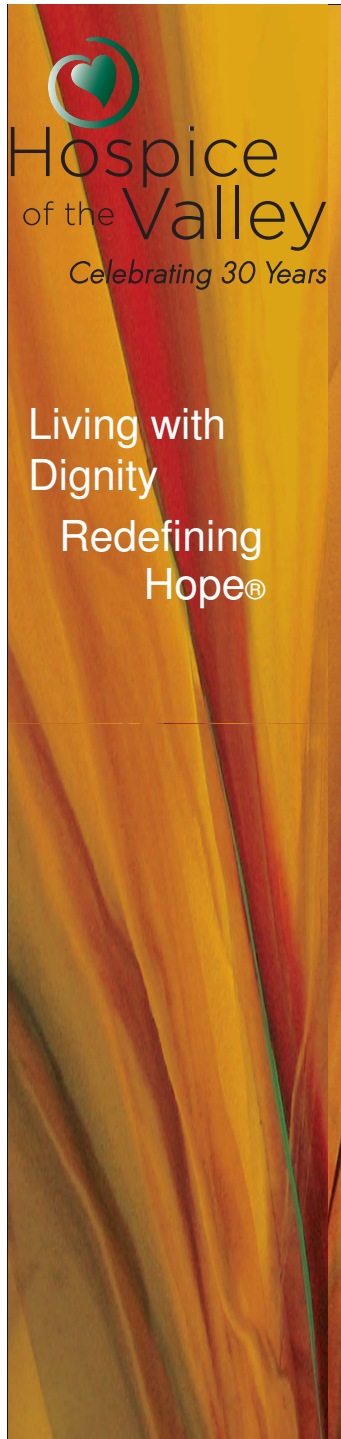
# Hospice of the Valley

## Healthcare Decision Making

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Transitions   
*embracing life's choices*

  
Hospice  
of the Valley  
Celebrating 30 Years  
*Living With Dignity Redefining Hope®*

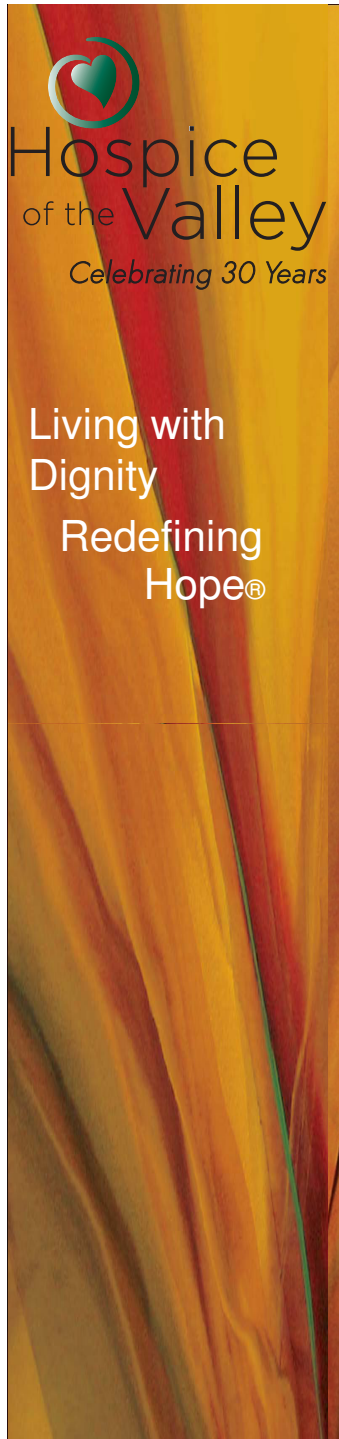


# Healthcare Decision Making Responsibilities

## Your Physician

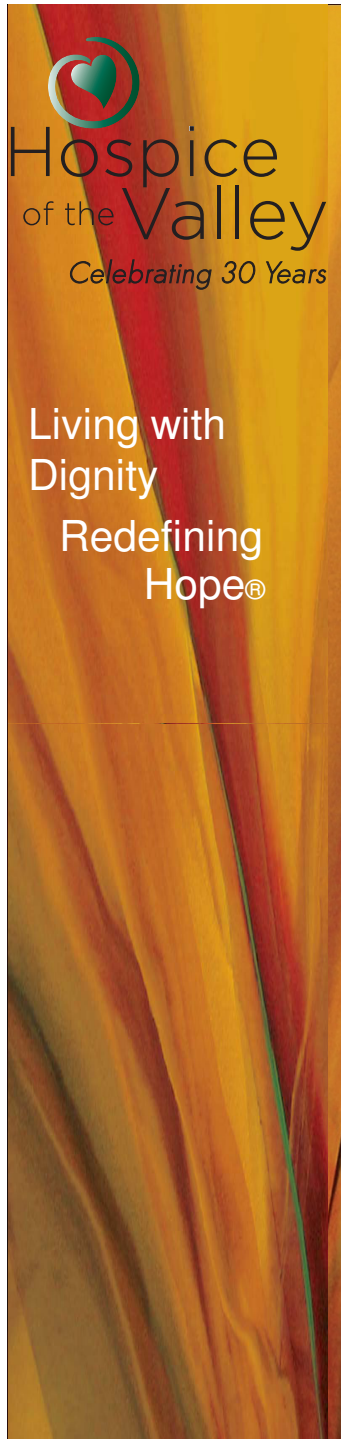
## You

- Provide you with the information necessary to make an informed decisions.
  - Options for care
  - Prognosis
  - Risks and benefits
  - Goals of Care
- Choose the option or options that best align with your goals – including the option of doing nothing based on
  - Prognosis
  - Risks and benefits
  - Goals of care
  - Quality of Life considerations



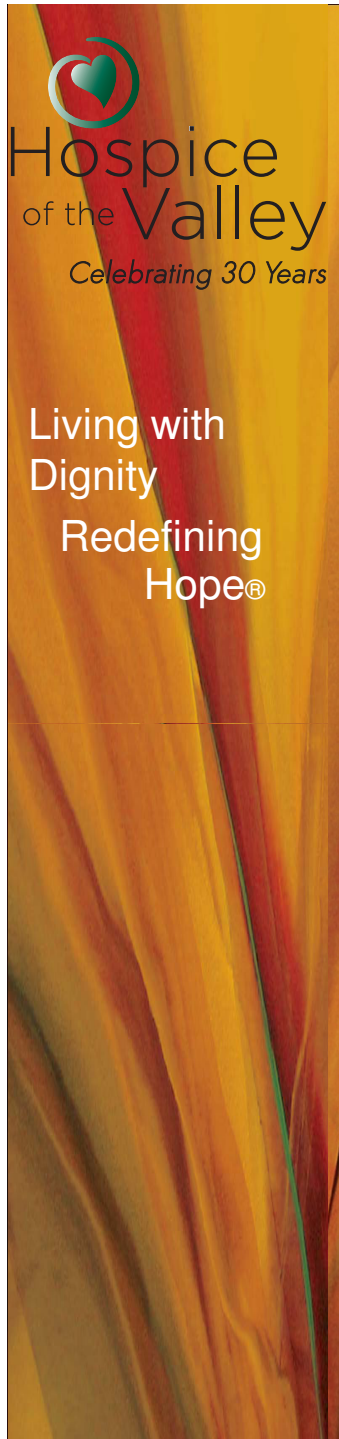
# Terms

- Medical Capacity
- Living Will
  - Not recognized in the state of California
- Advanced Health Care Directive
- Do Not Resuscitate / Allow Natural Death
- Polst



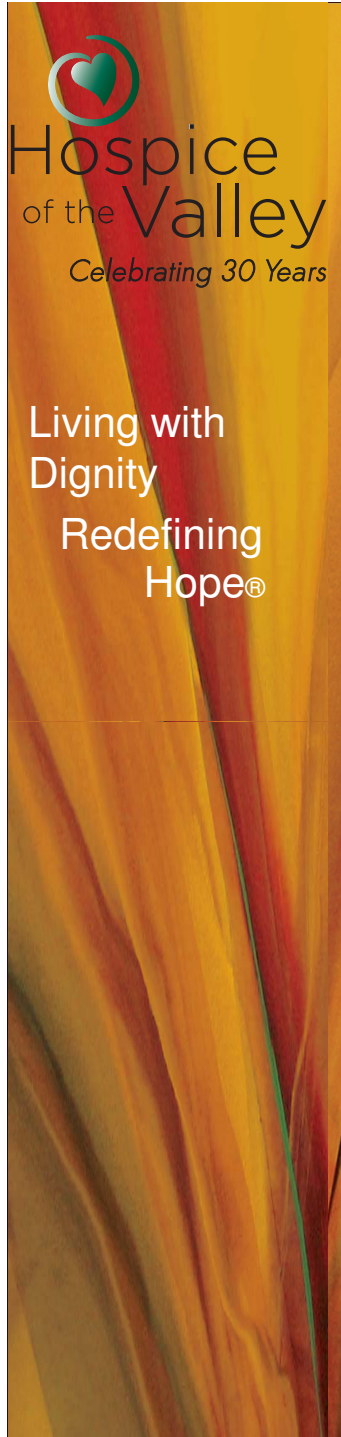
# Why have an Advanced Health Care Directive

- Protects your wishes with regard to end-of-life care.
- Relieves the burden of decision making from family



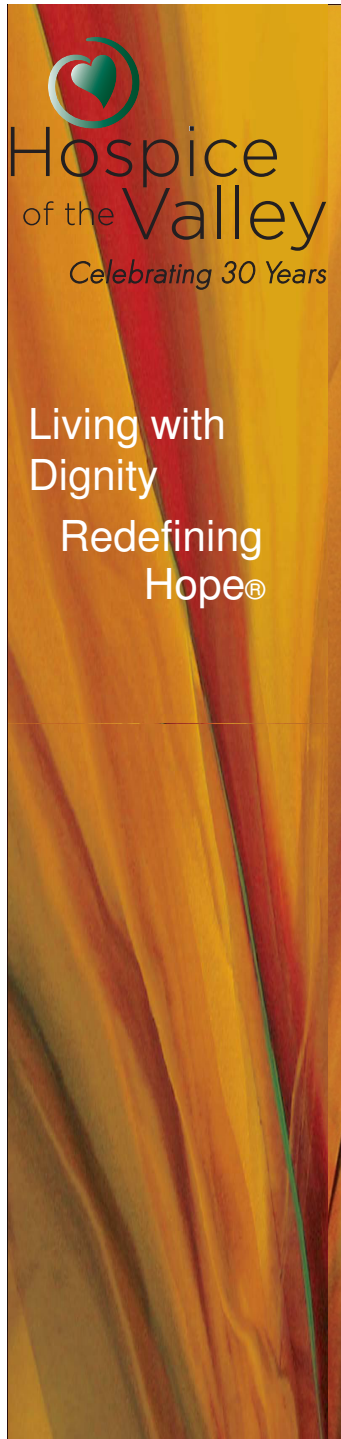
# Advanced Health Care Directive

- Appoints an agent to make healthcare decisions for you in the event you lack the capacity to do so.
  - Temporary
  - Permanent
- Guides your agent with regard to your wishes.
  - Resuscitation / life support
  - Tube feeding
  - Hospice Care
  - Where do you want to die?



# Advanced Health Care Directive

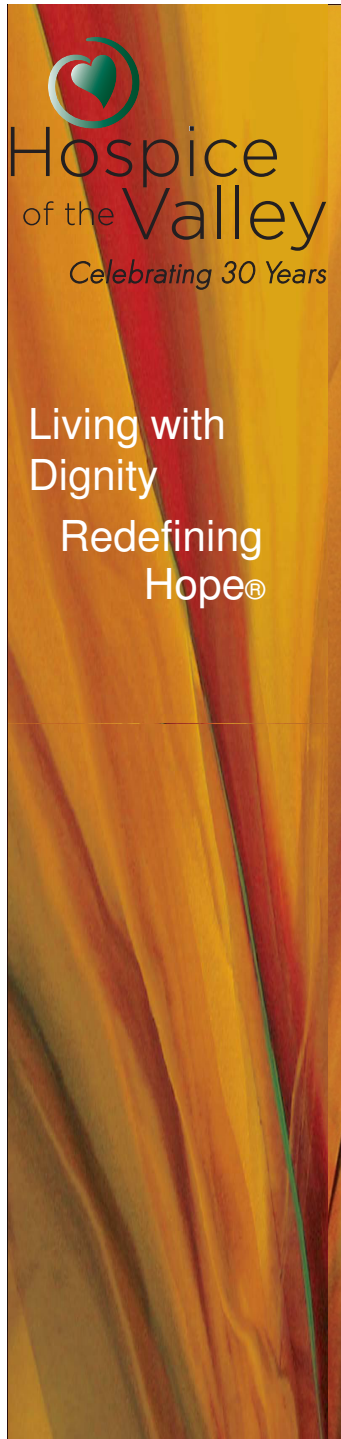
- Legally recognized document
  - A lawyer is not required to execute
- Addresses health care decision making only
- Recognized in most states
- Can be changed



# Choosing Your Agent

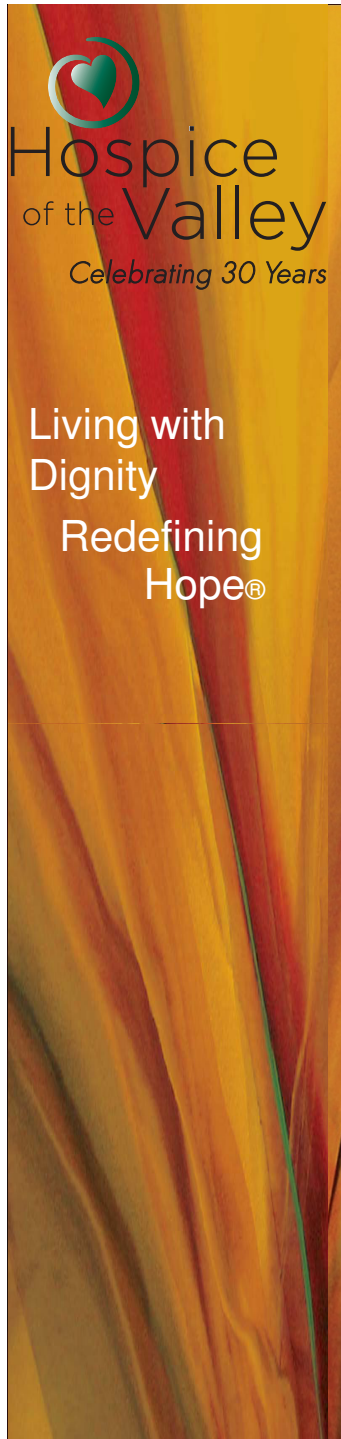
## An Agent

- Choose an agent(s) that:
  - Is reliable and trustworthy
  - Is willing to speak on your behalf
  - Understands your values and beliefs



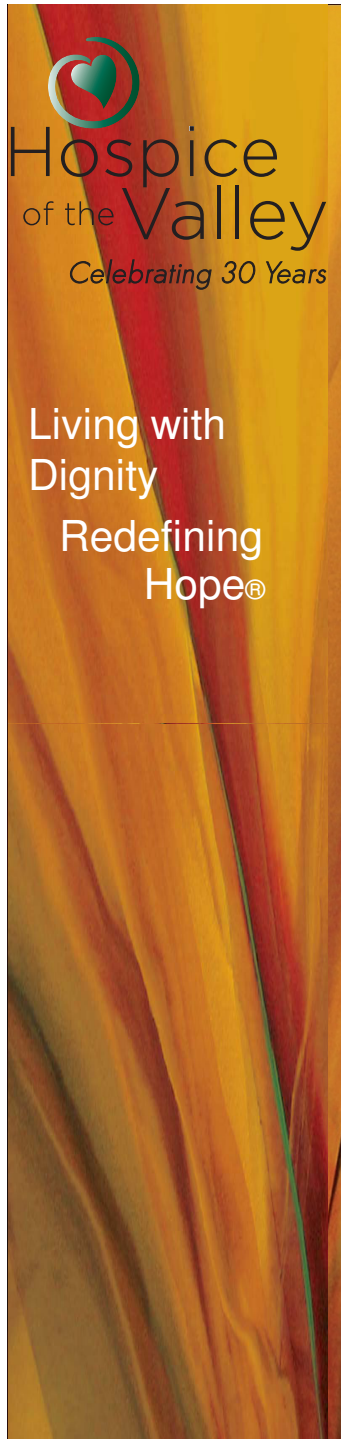
# Communication

- Make sure your wishes for end-of-life care are known and reinforce them:
  - Clarify their role in making decisions.
  - Provide them with medical updates
- Provide a copy to your physician / health care provider and verbally communicate your wishes to them



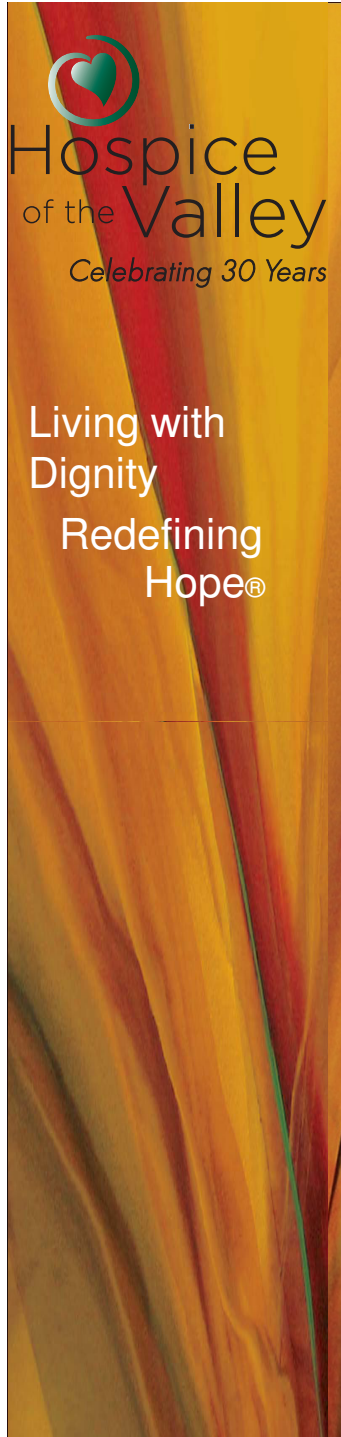
# Advanced Healthcare Directive

- Can only be executed if the patient has capacity
- In the absence of an advanced Health Care Directive, California law allows for the following to make decisions:
  - Spouse
  - Adult child or grandchild
  - Adult sibling
  - Parent



# Do Not Resuscitate

- A physicians order
- Recognized by paramedics in an emergency
- Only addresses your wishes towards cardio-pulmonary resuscitation and life support



# POLST

- A physicians order
- In addition to DNR addresses other end-of-life treatment options.
- Travels with the patient from facility to facility



# Palliative Care

- Palliative care is an approach that improves quality of life of patients and their families facing the problems associated with life-threatening disease, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psycho-social and spiritual.
  - *World Health Organization*



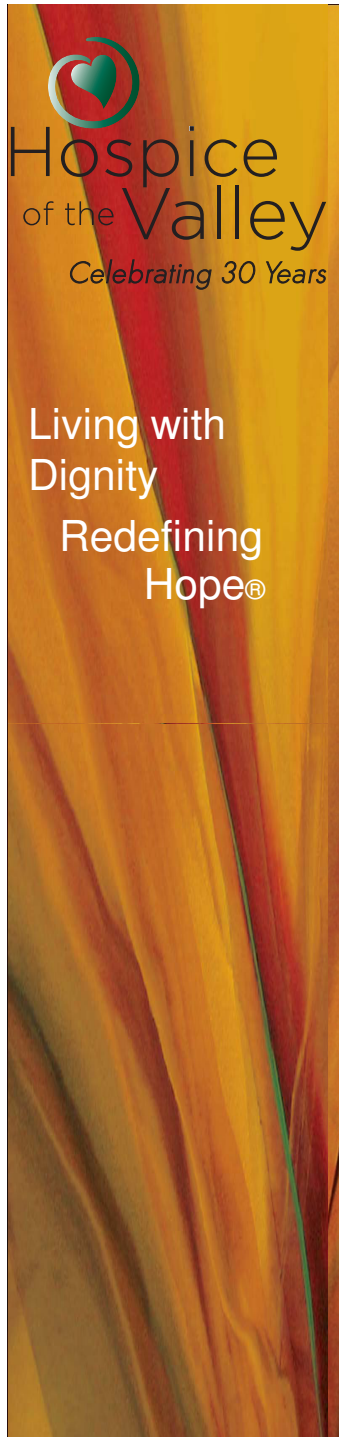
# Palliative Care Goals

- Relieve Suffering
- Improve Quality of life



# Palliative Care

- Approach varies by the institution in which it is offered
- Provides relief from pain, shortness of breath, nausea, and other distressing symptoms
- Is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy



# Hospice Care

- Specialized, intensive palliative care
- One option for end-of-life care.
- A comprehensive approach for managing patients with terminal illness
  - Managing pain and other distressing symptoms
  - Providing psycho-social, emotional, spiritual and grief support to patients *and* families
- Goals directed by the patient and family
- Covered by Medicare, MediCal, and private insurance.