

Advance care planning

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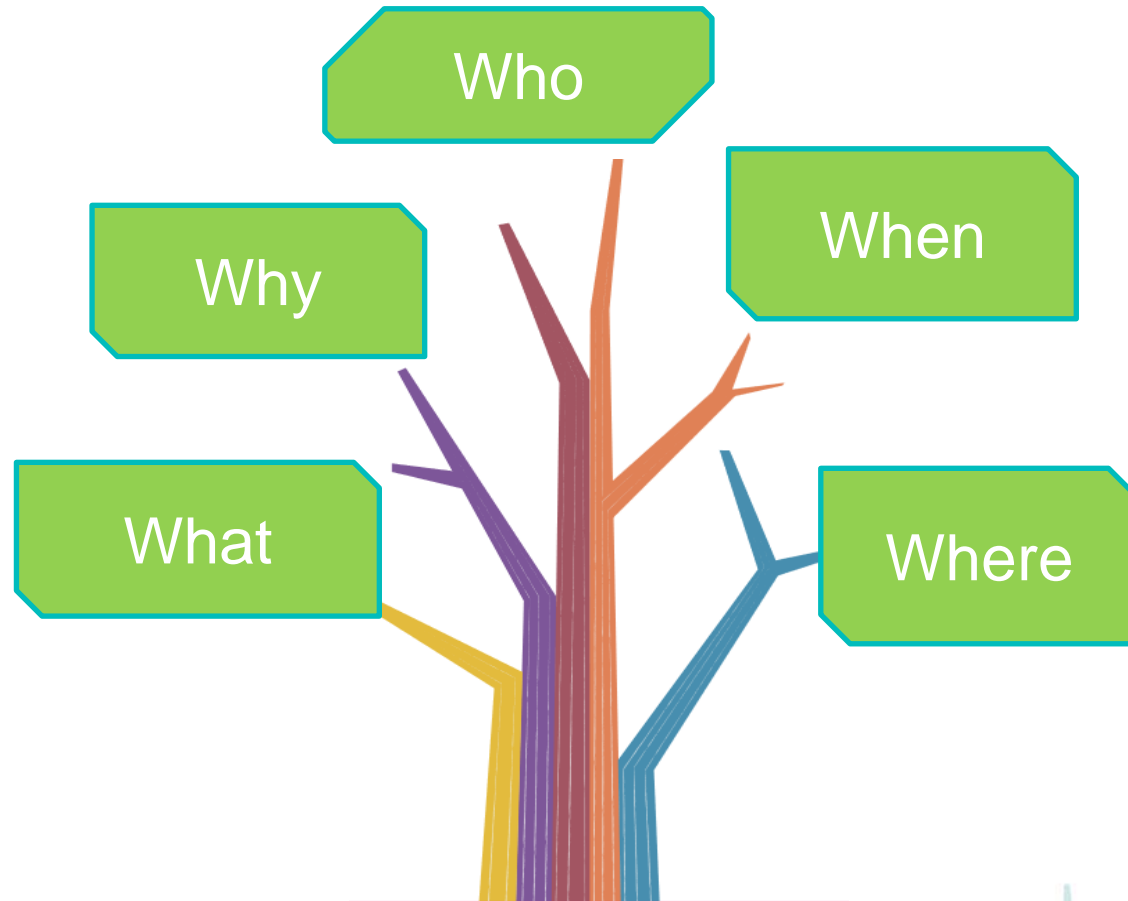
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The 5 W's of Advance Care Planning

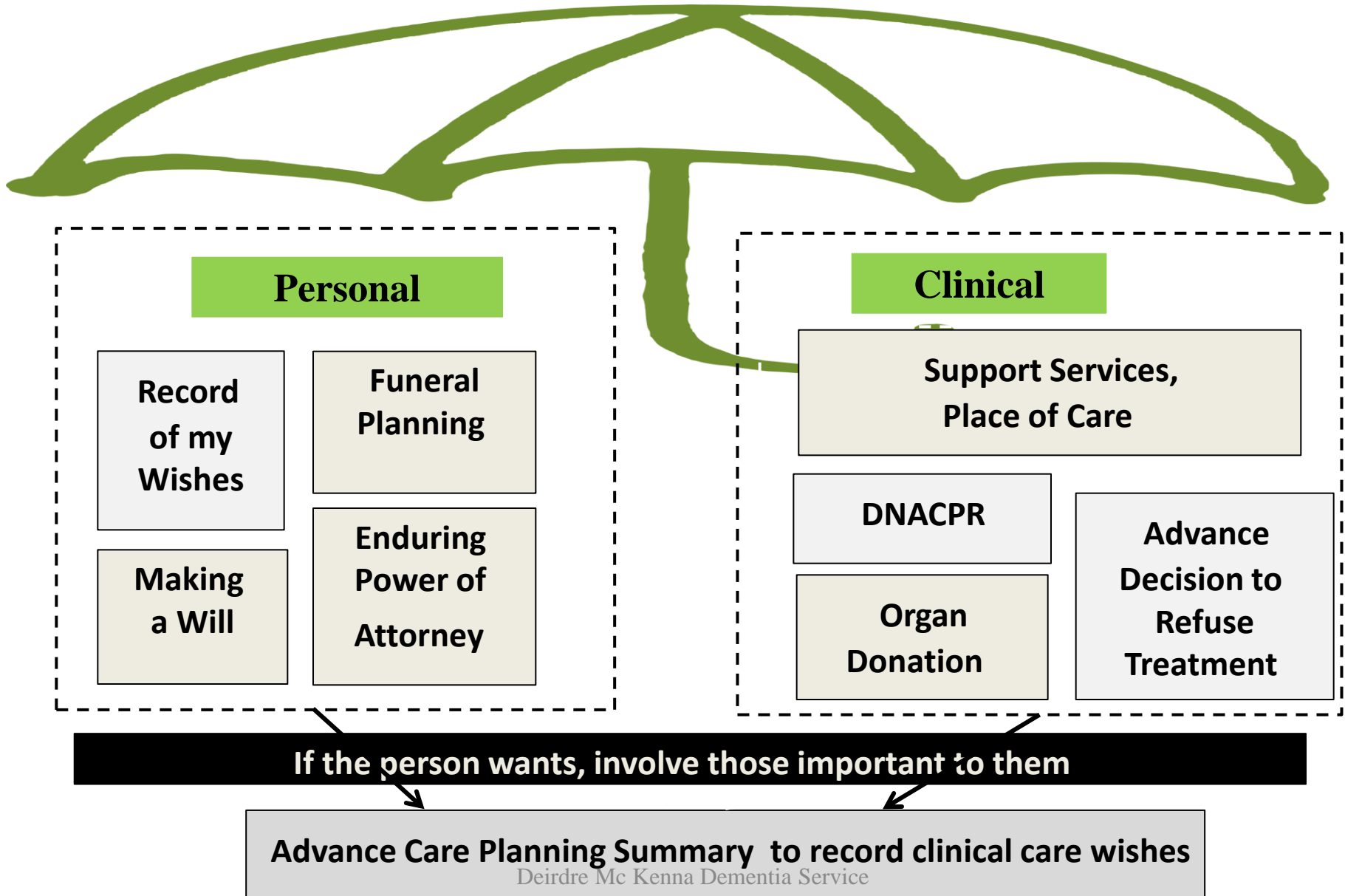


What is Advance Care Planning?

Advance care planning is an **umbrella term covering legal, personal and clinical planning to prepare for a person's future care and wishes.**



Advance Care Planning – Umbrella Term



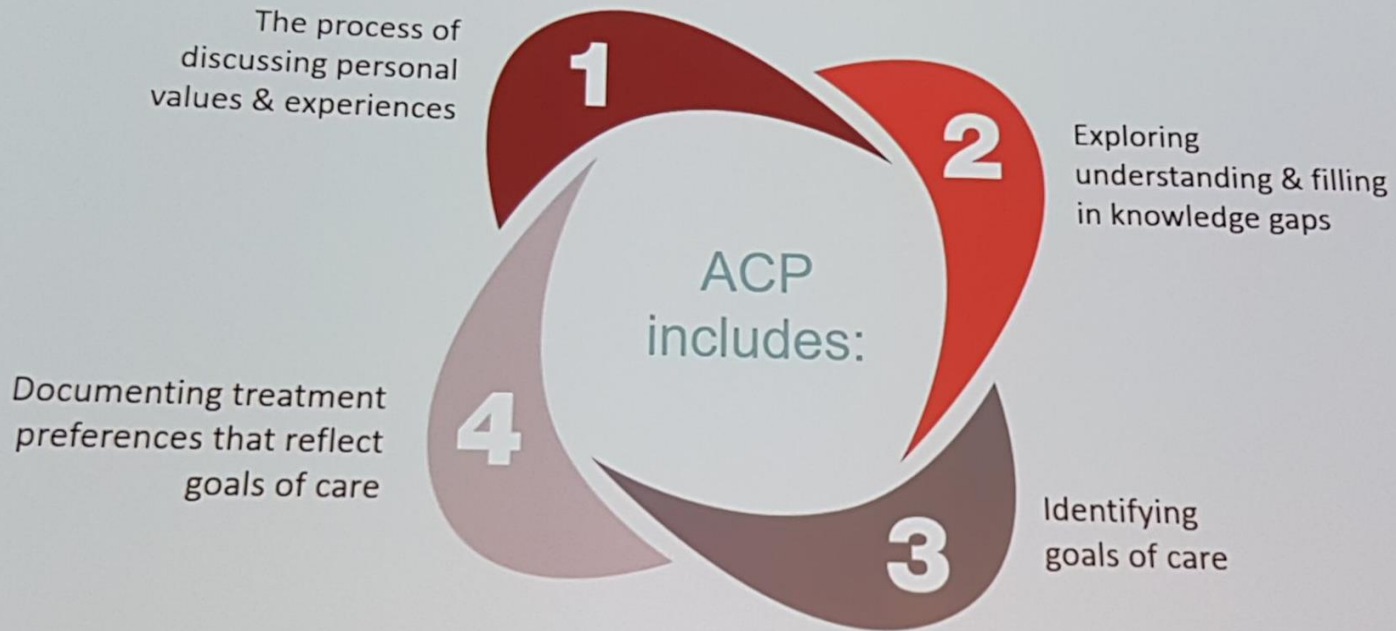
Advance care planning is an on-going process of discussions and actions between the person, those important to them and professionals, focusing on the person's wishes and preferences for their affairs and care as they approach the end of their life.



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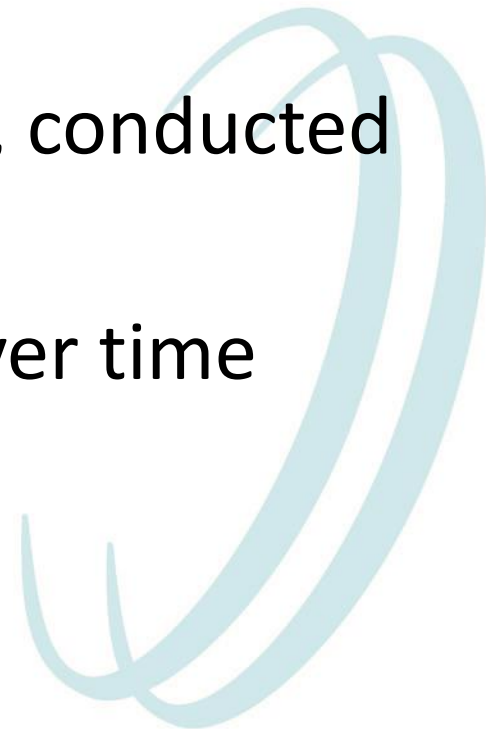


Advance Care Planning



What are the Principles of Advance Care Planning ?

- It's Voluntary
- It's a personal experience and choice
- Requires sufficient capacity
- Requires meaningful conversations, conducted with sensitivity and compassion
- Needs be revisited and reviewed over time



Why should we consider Advance Care Planning?

Systematic narrative Review 2018

Family/carer experience of advance care planning

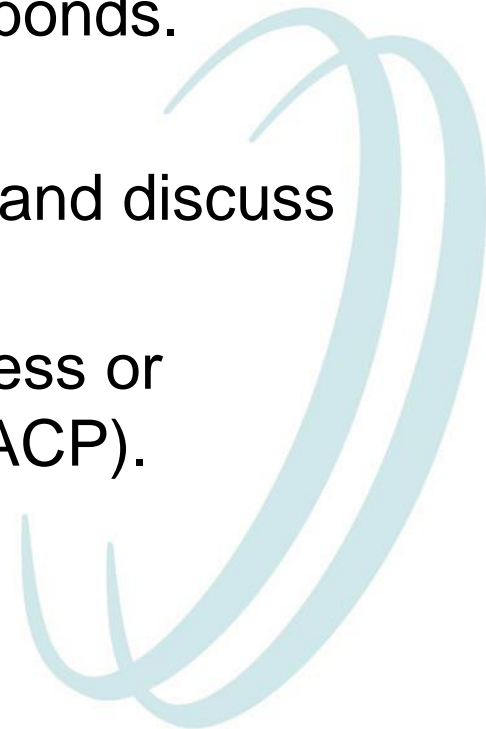


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SNR 5 key themes

- 1 Peace of mind, preparedness or readiness to die.
- 2 Autonomy and choice: clarifying decisions or easing the burden of decision making.
- 3 Improve quality of life and increase family bonds.
- 4 Timing; when is the right time to introduce and discuss ACP?
- 5 Health care professionals' (HCPs) awareness or knowledge of advance care planning (ACP).



Findings

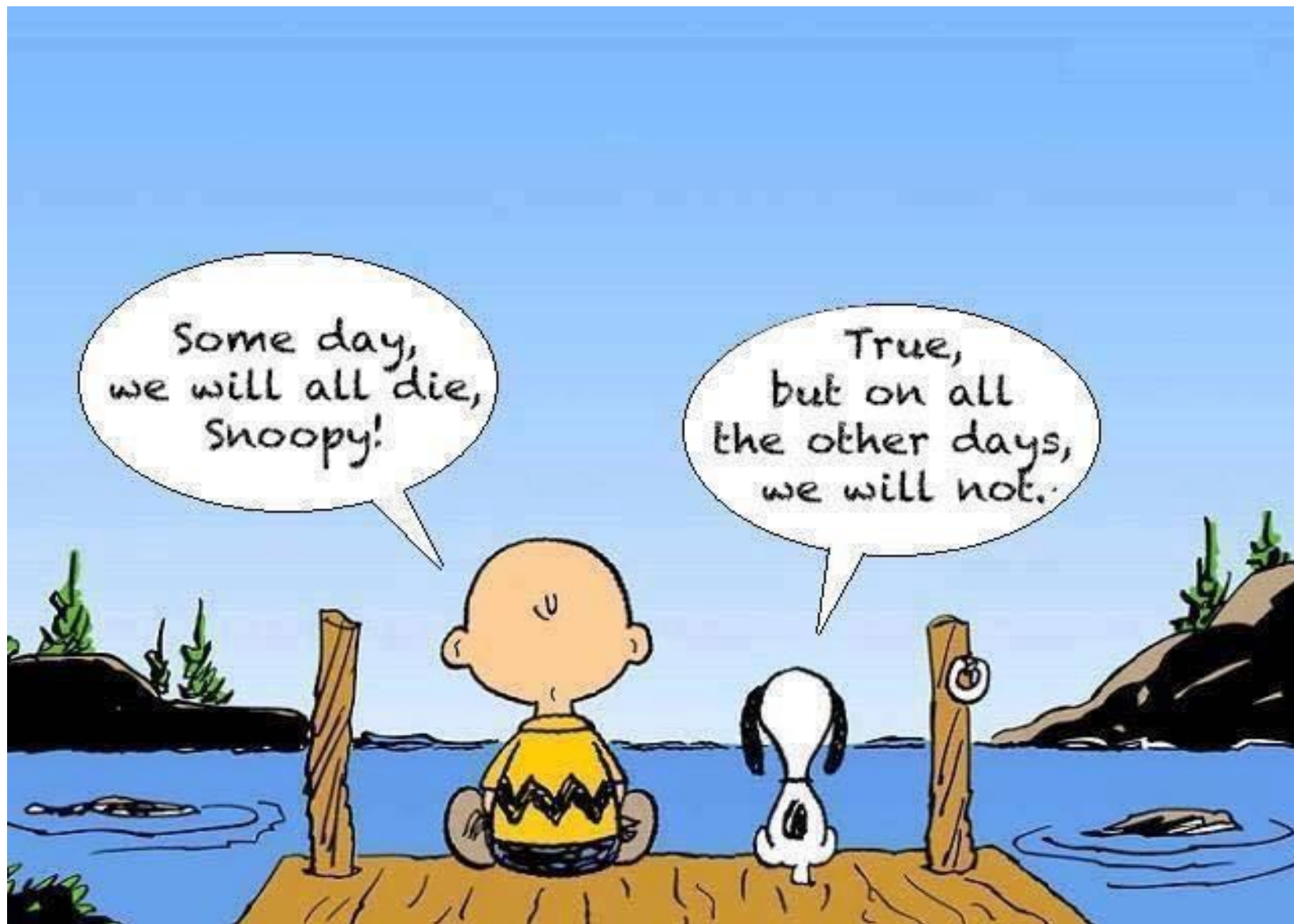
The review included studies conducted in different countries, related to a range of medical conditions and were located across a range of settings indicates the international nature of the issues raised regarding advance care planning (ACP)



Meaningful conversations

While these findings relate to ACP within palliative care, may be transferable across all programmes of care particularly with regard to the benefits of facilitating meaningful person centred care planning with service users and their caregivers.

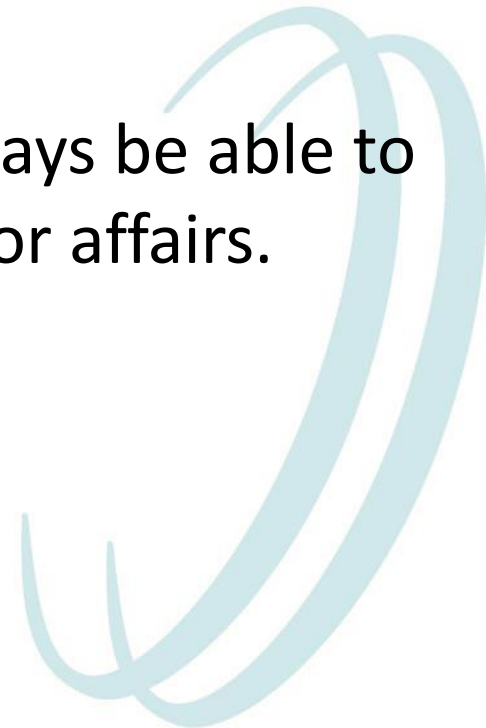




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Who should consider Advance Care Planning?

- Planning ahead is important for us all, irrespective of age and whether you have an illness or not
- None of us can say for sure if we will always be able to make our own decisions about our care or affairs.



When should we consider Advance Care Planning?

- When ever the person wants to plan ahead
- Following the diagnosis of a life limiting condition
- When the person initiates the conversation
- When cognitive state or communicative ability are deteriorating
- Following multiple unplanned hospital admissions
- When social care needs increase



Where should we consider Advance Care Planning?

Across all of our communities

We need to have more organisations promoting and advocating for people to think, discuss and record their advance care wishes and preferences



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Barriers

- Difficulty of finding the *right time* to introduce ACP
- We don't know enough about ACP
- Fear among health and social care professionals of having these difficult conversations
- We don't know how to start



What might help?

- Consider making your own ACP
- Look out for cues from people
- Think about some useful conversation starters you could use.
- Approach with compassion and humility and take the risk



Compassion and humility



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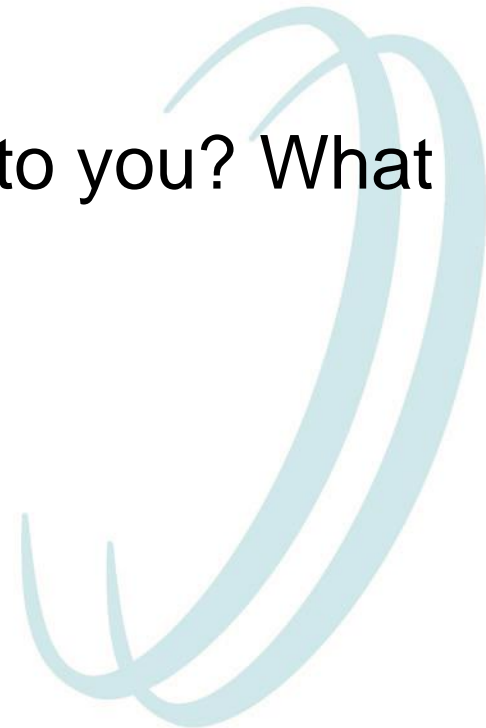
5 useful questions

We need to know:

- 1. What is your understanding of where you are and of your illness?
- 2. Your fears or worries for the future
- 3. Your goals and priorities
- 4. What outcomes are unacceptable to you? What are you willing to sacrifice and not?

And later,

- 5. What would a good day look like?



F: Feelings ...

What are you most concerned about?

Do you have any specific concerns or fears?

I would suspect that you have had a rollercoaster ride ever since you heard this new diagnosis...

Sometimes people have fears that they find difficult to share with their doctor, how about you?



I: Ideas

What do you think might be going on?

What do you think your pain (or weight loss, nausea, indigestion, etc) means?

What are your ideas or thoughts about what may have caused this illness?



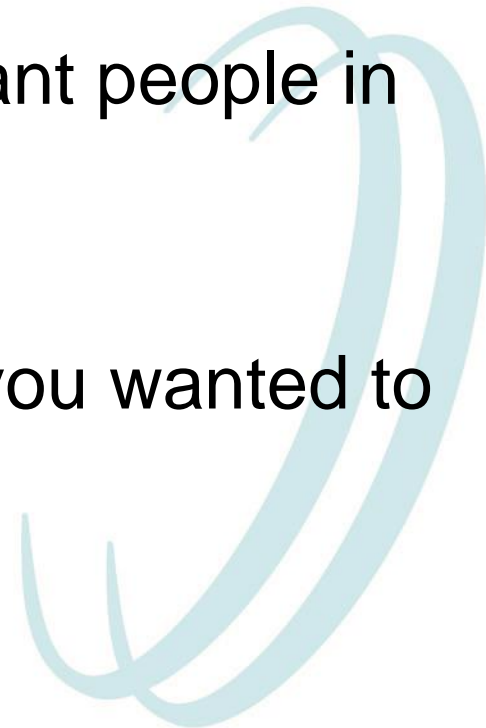
F: Functioning

How has your illness affected your daily life?

What have you had to give up because of your illness?

How has this illness affected important people in your life?

Has it affected any particular goals you wanted to achieve?



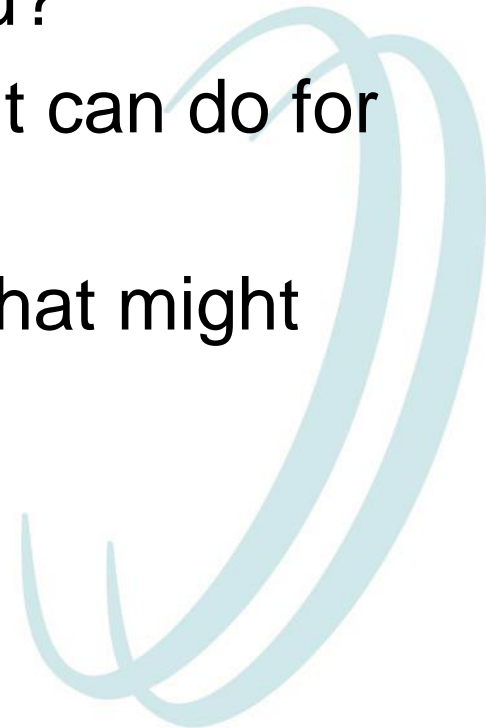
E: EXPECTATIONS

What do you expect or hope for each day
From yourself, from family or friends, from me?

Do you have any particular expectations about
how your doctors or we can help you?

What do you hope that this treatment can do for
you?

What are your expectations about what might
happen with your illness?



Some key questions:

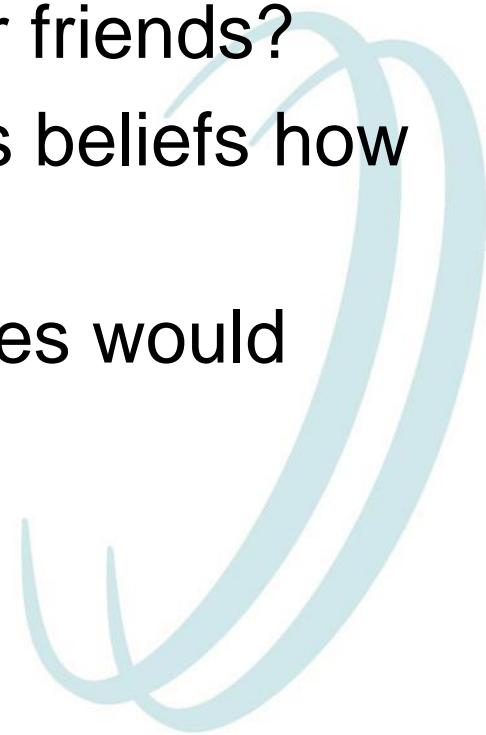
What fears, concerns or worries do you carry within yourself?

What are you hoping for yourself and your family or friends?

What special events or experiences are you hoping to participate in with family or friends?

What about your spiritual or religious beliefs how do these sustain you?

What kinds of activities or experiences would bring deeper meaning to your life?



Your life and your choices: plan ahead

The booklet is about some of the ways you can plan ahead and make choices about your future care if you live in NI it is for anyone who wishes to plan ahead.

Aims to support the general public:

- think about what is important
- talk about their plans
- start writing down plans
- deals with worries about planning ahead



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Further Information

Your life and your choices: plan ahead (Macmillan Cancer Support and the Public Health Agency, 2016). Available from be.macmillan.org.uk (MAC14376)

<https://be.macmillan.org.uk/be/p-21065-your-life-and-your-choices-plan-ahead-northern-ireland.aspx>

<https://www.macmillan.org.uk/information-and-support/organising/planning-for-the-future-with-advanced-cancer/advance-care-planning-ni>

Talking about dying: How to begin honest conversations about what lies ahead (Royal College of Physicians, 2018)

<https://www.rcplondon.ac.uk/projects/outputs/talking-about-dying-how-begin-honest-conversations-about-what-lies-ahead>



The Irish Hospice Foundation

<https://hospicefoundation.ie/programmes/public-awareness/think-ahead/>

