



# MUNSON MEDICAL CENTER

*Advance Care Planning*

MUNSON HEALTHCARE

Spill the Beans



Stephanie Van Slyke, RN, BA, CCRN  
ICU Staff Nurse  
Advance Care Planning  
(231) 935-7277 (Mon, Wed, Fri)



## What is Advance Care Planning?

*Advance care planning* is not just about old age.

At any age, a medical crisis could leave someone too ill to make his or her own healthcare decisions.

This could be the result of disease or severe injury—no matter how old you are.

## What is Advance Care Planning?

Advance Care Planning involves learning about the types of decisions that might need to be made if a medical crisis occurs.

It helps others know what type of medical care you want.

**EVERYONE** is encouraged to complete an Advance Medical Directive

## What is an Advance Medical Directive?

It is a document in which you select someone to be your voice if you are ever unable to speak for yourself.

Commonly referred to as your  
*"Health Care Agent"*

## What is a Health Care Agent?

Someone you have chosen to speak for you if you cannot

- "Health Care Agent" is also:
  - Durable Power of Attorney for Healthcare (DPOA-HC)
  - Proxy
  - Decision Maker
  - Advocate
  - Surrogate Decision Maker

## Why does everyone need a Healthcare Agent?

- Crystal balls typically don't work....
- The majority cannot predict the future....
- Some people make bad decisions that may impact your life.....
- Life Happens.....



## What if.....



- you have a stroke and can no longer speak
- you are in a car accident and are seriously injured
- your spouse is in a car accident and you have to make decisions for him, do you know his wishes
- you suffer a terrible fall and are in a coma
- you lose the ability to make decisions due to a medication reaction

## Who is the BEST Person for the job?

- Someone 18 years of age and that you trust with your life
- Someone who knows you well and understands what is important to you
- Someone who is willing to follow your values and instructions you have discussed

## Who is the BEST Person for the job?

- Someone who would be strong enough to act on your wishes and separate is/her own feelings
- Someone who would be able to make complex, decisions during stressful times regarding your care
- Someone who would be able to handle difficult conversations with family members who disagree with the choices you have made

## What will my Healthcare Agent be expected to do?

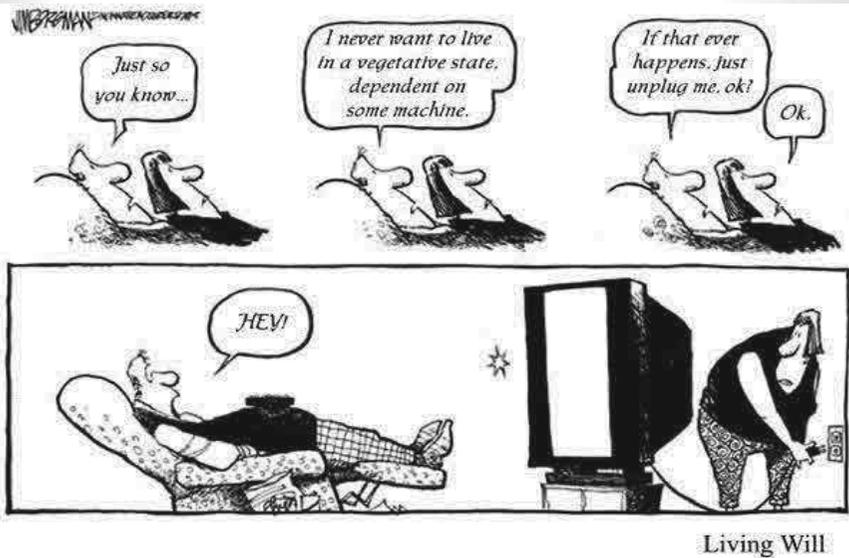
- Receive medical information about your care options and/or your prognosis
- Meet with medical team about your condition to discuss treatment options for you
- Up hold your wishes



## What will my Healthcare Agent be expected to do?

- Consent to or refuse medical tests or treatments for you, including life-sustaining treatment
- Authorize your transfer to other facilities if need (nursing home, another physician, another hospital)

Your Health Care Agent ONLY makes decision when you cannot



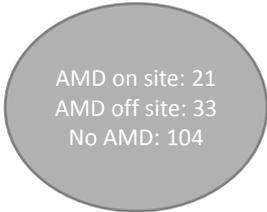
## Benefits of making your choices known



- Takes the burden off your loved ones
- There is no guessing
- Reduces anxiety with family
- Better coping if difficult news is delivered
- Have meaningful use of your time left
- Gives you the time and ability to finalize legal and estate plans

## Why Don't We Talk About It?

- Thinking you're too young
  - Month of July 2014:
    - 158 admissions
    - Average age: 59
- Doctors sometimes "sugarcoat" reality of diagnosis because it's hard delivering bad news
- Not sure what to say, or how to start the conversation
- Too afraid to talk about it



## Timing is Everything!

*A high anxiety, loud, fast-paced ER is not a good place.*

- Getting everyone together at the same time
- Thinking you're not "sick enough"
- Conflicting opinions with family members
- Thinking "it" will never happen to you



## Problems often seen in the hospital



- There hasn't been a conversation
- Family members often disagree with choices being made or the choices **you** made based on **your** AMD
- Physicians may not have the time to have lengthy discussions
- Guilt felt by distant family members
- There is a misconception about the treatment plan or prognosis

## Acceptance.....

- When a loved one says they no longer want to keep fighting
  - *Telling them it's okay to stop*
- Death is not optional, no matter how much medical technology there is.
  - *The difference is how we arrive there*



## Benefits of making your choices known

***“The future depends on what we do in the present.”***

**– Mahatma Gandhi**

## Create a Healthy Pathway

- Helps to better prepare you, emotionally, for “life’s circumstances”
- Help loved ones separate what they want from what you want.
- Promote strength during difficult times, not a sense of being pulled apart



## Create a Healthy Pathway

- Remove the potential heartache, stress, and grief by spilling the beans
- You have an obligation to the people you love to give them the gift of knowing your wishes



- Allow opportunity for final blessings, conversations, and reconciliations

## How to Begin

First, who is your “audience”?

- Are you the advocate?



- Are you the one seeking an advocate?

## Step 1: Organize YOUR thoughts

- **Circle of Wishes Conversation Starter Kit (pgs. 2-5)**
  - ❖ **You don't need to talk about it yet, just think about it**
    - *Writing it down*
  - ❖ **Start by making a list**
    - Daily activities you enjoy
    - Things in your life that are important to you
    - Things you could not live without
      - *Hobbies*
      - *Know who you are*
      - *Recognizing your loved ones*

## Step 2: Planning the Conversation

- **Circle of Wishes Conversation Started Kit (page 6)**
  - ❖ What matters to me now \_\_\_\_\_
  - ❖ Scenarios and your feelings
    - Consider using the scales (pgs. 3-5)
  - ❖ Is quality of life important or is quantity?
  - ❖ Would you be okay living in a nursing home?
  - ❖ Who do you want most involved?

## Step 2: Planning the Conversation

- **Circle of Wishes Conversation Started Kit (page 6)**
  - ❖ **Who do you want present?**
    - *mom, dad, friend, doctor, spouse*
  - ❖ **When is a good time?**
    - *Next big holiday*
    - *Before the kids go off to college*
    - *Sunday dinner*
  - ❖ **Where to you feel comfortable talking?**
    - *Kitchen table*
    - *During a walk*
    - *On a long drive*
  - ❖ **What do you want to be sure to say?**
    - *Think of the three most important things to you*

## Using Sample Questions:

### Are you living with a chronic debilitating illness?

- “What would not be an acceptable way to live your life?”
- “What would a good day look like?”

### Using substituted judgment:

- “If your mom could join this discussion, what would she say?”
- “If you have a devastating stroke like Bill did, would you want to live like that?”
- “Remember when your dad was in that bad car accident and he spent months in the hospital, would you want all of that?”

## Step 3: “Breaking the Ice”



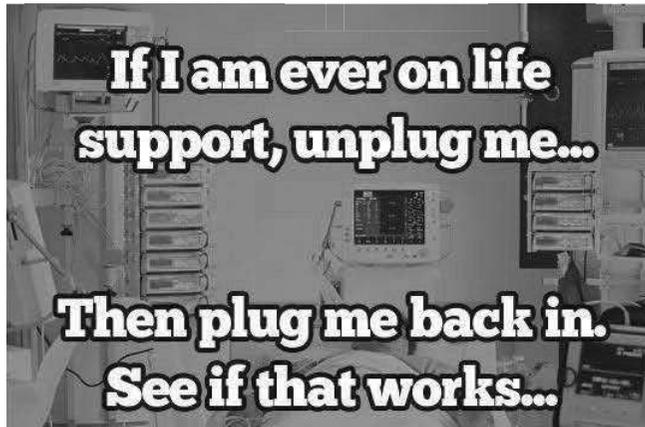
- “I need your help with something.”
- “I have been thinking about what happened to \_\_\_\_\_, and it made me realize.....”
- “I need to think about the future. Will you help me?”
- “Even tho I am ok right now, I am worried that someday\_\_\_\_\_, and I want to be prepared.”

## Things to Consider.....

- There may be disagreements
- Are there any family tensions you are concerned about?
- Are there circumstance you would consider worse than death?
  - *Long-term feeding tube*
  - *Paralysis*
  - *Not recognizing your loved ones*
  - *Not knowing who you were*
  - *Living in a nursing home*
  - *Needing care outside of your hometown or state*

Nothing is ever set in stone, you can always change your mind

# “RE - BOOT”



## American Bar Association Tool Kit

### List of “Tools” for Health Care Advance Planning

- *Tool #1 - How to Select Your Health Care Agent or Proxy*
- *Tool #2 - Are Some Conditions Worse than Death?*
- *Tool #3 - How Do You Weigh Odds of Survival?*
- *Tool #4 - Personal Priorities, Spiritual Values Important to Your Medical Decisions*
- *Tool #5 - After Death Decisions to Think About Now*
- *Tool #6 - Conversation Scripts: Getting Past the Resistance*
- *Tool #7 - The Proxy Quiz for Family & Physician*
- *Tool #8 - What to Do After Signing Your Health Care Advance Directive*
- *Tool #9 - Guide for Health Care Proxies*

Go to the website for all 10 tools:  
[http://www.americanbar.org/groups/law\\_aging/resources/health\\_care\\_decision\\_making/consumer\\_s\\_toolkit\\_for\\_health\\_care\\_advance\\_planning.html](http://www.americanbar.org/groups/law_aging/resources/health_care_decision_making/consumer_s_toolkit_for_health_care_advance_planning.html)

## More Tools!

- Getting the Conversation Going.....
  - Circle of Wishes: What makes you life worth living?
    - Take Two! Give one to your Healthcare Agent. Both fill them out based on what is *assumed* care... then compare your answers You might be surprised
  - Go Wish game
    - Visit website at : [www.gowish.org](http://www.gowish.org)
  - The Conversation Starter Kit
    - Easy, simple, uses a scale of 1-5 to rate importance.

## More Tools!

- Munson Healthcare Webpage
  - Go to [www.munshonhealthcare.org](http://www.munshonhealthcare.org)
  - On the left hand side, click the “Find a Service”
  - On the left hand side, find Advance Care Planning
    - What to do
    - Complete the Forms
    - Working with your physician
    - What if you Change your mind
    - Resources and Links
    - Contact us.
  - Videos/Commercials

## Contact Info

- Munson Medical Center  
Advance Care Planning Department
- ▶ Call: (231) 935-7277
  - ▶ Email: [advancecareplanning@mhc.net](mailto:advancecareplanning@mhc.net)



## WE CAN HELP

- ▶ Group Presentations
- ▶ Church Groups
- ▶ Office Meetings
- ▶ Throw a PARTY!!
  - ▶ “Get the Scoop” Parties
    - ▶ Get the scoop on your wishes
  - ▶ “Birthday Parties”
    - ▶ Giving the gift of knowing
  - ▶ “Obituary Parties”
    - ▶ Photo session
    - ▶ Write your obituary
    - ▶ Plan your funeral, even if it's years from now



## YOUR FIVE WISHES

- ▶ The FIVE WISHES booklet: most recognized in this area.
  - ▶ A Combination Document
    - ▶ Wish 1: DPOA-HC
    - ▶ Wish 2: Broad living will
    - ▶ Wishes 3-5: values & directions
    - ▶ Last page: signatures



## Managing your AMD

- ▶ Appropriate Signatures
- ▶ Keep the original
- ▶ Copies of the form need to go to:
  - Healthcare agent/proxy
  - Physician(s)
  - Munson Medical Center
    - Health Information Department
    - 1105 Sixth Street
    - Traverse City, MI 49684
    - Or
    - Fax to: 231-935-6149



# Take Home Thoughts...

**Our hospital beds  
are filled each day with people who  
didn't plan to be there that day.....  
the time to  
start the conversation is now,  
when you don't need us.**



## Upcoming Events:

**Mon. Nov 2<sup>nd</sup> 5-7pm**

Cancer Support Group  
Biederman Cancer Center

**Wed. Nov 11<sup>th</sup> 1-3pm**

Immaculate Conception Church  
Traverse City

**Sat. Nov 14<sup>th</sup> 9-11am**

Traverse Area District Library,  
2<sup>nd</sup> Floor, Thirlby Room

Spill the Beans



**Tue. Nov 17<sup>th</sup> 5:30-7pm**

Munson Medical Center  
Conf. Room 1-3 in basement

**Wed. Dec 2<sup>nd</sup> 6-8pm**

Traverse Area District Library,  
2<sup>nd</sup> Floor  
Thirlby Room

Stephanie Van Slyke, RN, BA, CCRN  
Advance Care Planning  
(231) 935-7277 (Mon, Wed, Fri)