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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

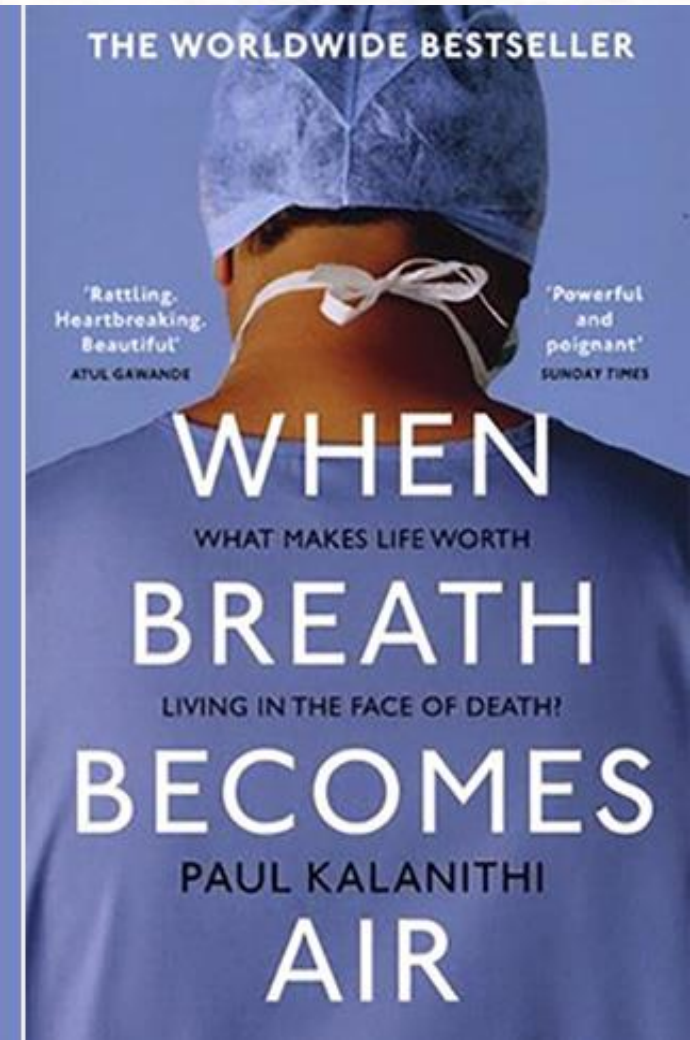




Image retrieved from <https://www.starburstmagazine.com/features/john-krasinski-quiet-place>

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

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

Rights
Schiavo
Religion **Tube**
Life **Ethics**
Quality
Competency **Die**
Decisions
Feeding **PVS**
Cruzan **Ethics** **Quinlan**
Legal

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.

Ineffectiveness of Traditional Advance Healthcare Directives

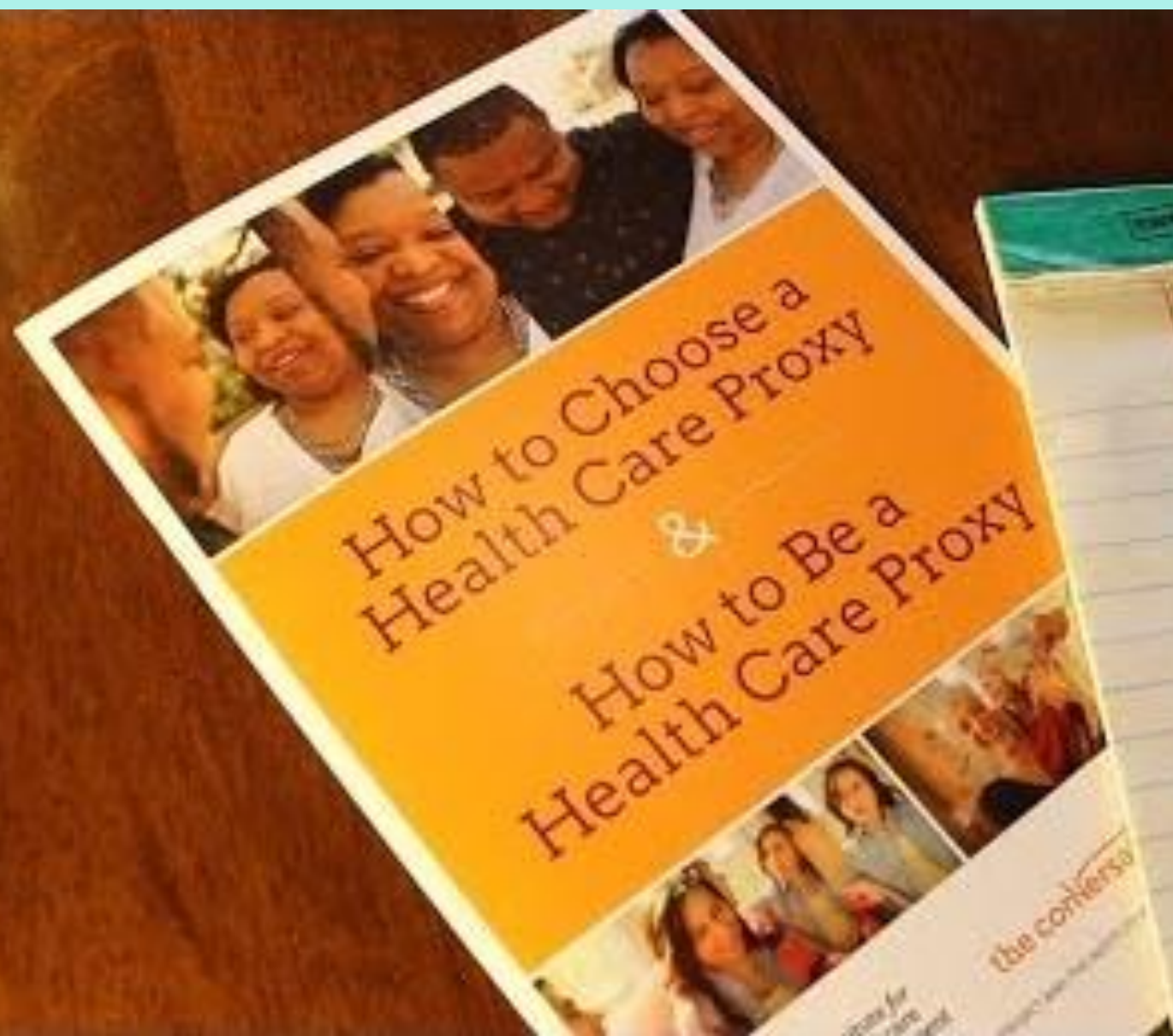
- Focus on patient's legal rights, but do not ensure patients have appropriate knowledge of medical problem, prognosis, and risk and benefits of treatment options to make informed decisions
- Based on patient autonomy, which may not be consistent with individuals who value collective decision-making
- 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>

Think about what matters to you
and identify the best people to
have a conversation with



Who will make health decisions for me if I

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=vGsTiOOqWpg&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.