



What Matters Most

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Advanced Care Planning

- What is Advanced Care Planning?
- Considerations when preparing an Advanced Directive
- Choosing a Durable Power of Attorney for Healthcare

What is Advanced Care Planning?

What is Advanced Care Planning?

- Learning
- Documenting
- Sharing
- Reviewing

Advanced Directives

Advanced Directives

- Why are Advanced Directives important?
 - Allows for you to remain the voice of your healthcare and end of life decisions
 - Allow your family and friends peace of mind knowing you are being cared for exactly how you wanted
- Terri Schiavo case

Advanced Directives Considerations

- Your current medical conditions and recommendations previously discussed with your healthcare team
- Cultural or religious considerations – especially if your durable power of attorney for healthcare does not share the same beliefs
 - Blood products: transfusions and plasma derived medications
 - Porcine derived devices or medications

Advanced Directives Considerations

- What does “Life-Support Treatment” mean to you?
 - Artificial food and water supplied by a medical device – IV or tube feeds
 - Blood transfusions
 - Temporary or long-term dialysis
 - Antibiotics
 - Medications to support your blood pressure
 - Medical devices used to help you breathe
 - Cardiopulmonary resuscitation (CPR)
 - Advanced heart failure interventions

Advanced Directives Considerations

- Would you limit these interventions?
 - Duration if interventions already started?
 - Special circumstances you would or would not want life-support treatment?
- Do Not Resuscitate (DNR), Do Not Intubate (DNI)
 - Ask for a Do Not Resuscitate form be filled out and signed by your doctor and post on your refrigerator
- Organ or tissue donation

Advanced Directives Considerations

End of Life Care – Comfort focused care

- Understanding options for palliative care and hospice and available support for you and your loved ones
- Medications for pain or to help with emotional or physical distress
- Personal cares including bathing, shaving, hair and nail care, oral cares, toileting preferences
- Spiritual or religious readings or visits by a chaplain, clergy or others in your faith community

Advanced Directives Considerations

- Special state considerations
- Kansas state law mandates you use a government-approved form and words to express your own wishes
 - <http://www.kdhe.ks.gov/1330/Advanced-care-planning>
 - <http://www.wichitamedicalresearch.org/KansasAdvanceDirectives/>
- Missouri residents – require your signature be notarized for your advanced directive
 - <https://eforms.com/images/2020/09/Missouri-Attorney-General-Advance-Directive.pdf>
 - Notary service available at the Landon Center

Advanced Directives

- Can it be changed?
 - They can be revised or revoked at anytime
- When does it go into effect?
 - When you are unable to make decisions or communicate wishes for yourself

Durable Power of Attorney for Healthcare

Durable Power of Attorney (DPOA) for Healthcare

- Family member or a friend who knows your personal, emotional, and spiritual beliefs
- Someone you feel confident will respect and advocate for your wishes
- Disclose your intent for them to be your DPOA for healthcare, ask about their comfort in performing this role
- You may find that those closest to you are too emotionally involved and may be unable to make difficult decisions.
- Alternate DPOA(s) can also be selected should the primary DPOA not be available.
- Review your advanced directives with your DPOA(s) for healthcare and update them with any revisions.

Durable Power of Attorney for Healthcare

- Who cannot be your DPOA?
 - Your healthcare provider, an owner or operator of a health or residential or community care facility serving you
 - An employee or spouse of an employee of your healthcare provider
 - Someone serving as an agent or proxy for 10 or more people unless he or she is your spouse or close relative

Durable Power of Attorney - Healthcare

- What decisions could be made by my DPOA for healthcare?
 - Interpret instructions provided in your advanced directive
 - Medical care or services – authorize or refuse tests, medicines, procedures
 - If treatment or care has already started, they can decide to keep it going or have it stopped.
 - Consent to admission to hospital, assisted living facility, nursing home, or hospice.
 - Hire (and fire) any kind of healthcare worker you may need to take care of you.
 - Sign medical documents including authorizing release of medical records
 - Move you to another state to receive care or to carry out your wishes
 - Authorize tissue or organ donation
 - Apply for Medicare, Medicaid, or other programs or insurances for you.
 - You can specify additions or limitations to DPOA powers.

Durable Power of Attorney for Healthcare

- When does it go into effect?
 - When you are unable to make decisions for yourself
 - Two doctors independently assess you and determine you lack capacity to make medical decisions at that time
- What if I change my mind?
 - Can revoke authority by writing 'REVOKED' on the name you wish to cancel their authority and then sign your name next to it
 - Ensure revised copies are provided to your healthcare team

Questions?