

Advance Care Planning



Advance Care Planning Palliative Care ECHO

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OACP
Office of Advance Care Planning



Outline



- What is advance care planning (ACP)?
- Benefits of ACP
- Who to consider for ACP
- ACP resources
- What to discuss in ACP

ACP Speed Run





What is ACP?



Advance care planning

↑
future

↑
health care

↑
choices



Why do we need to do ACP?

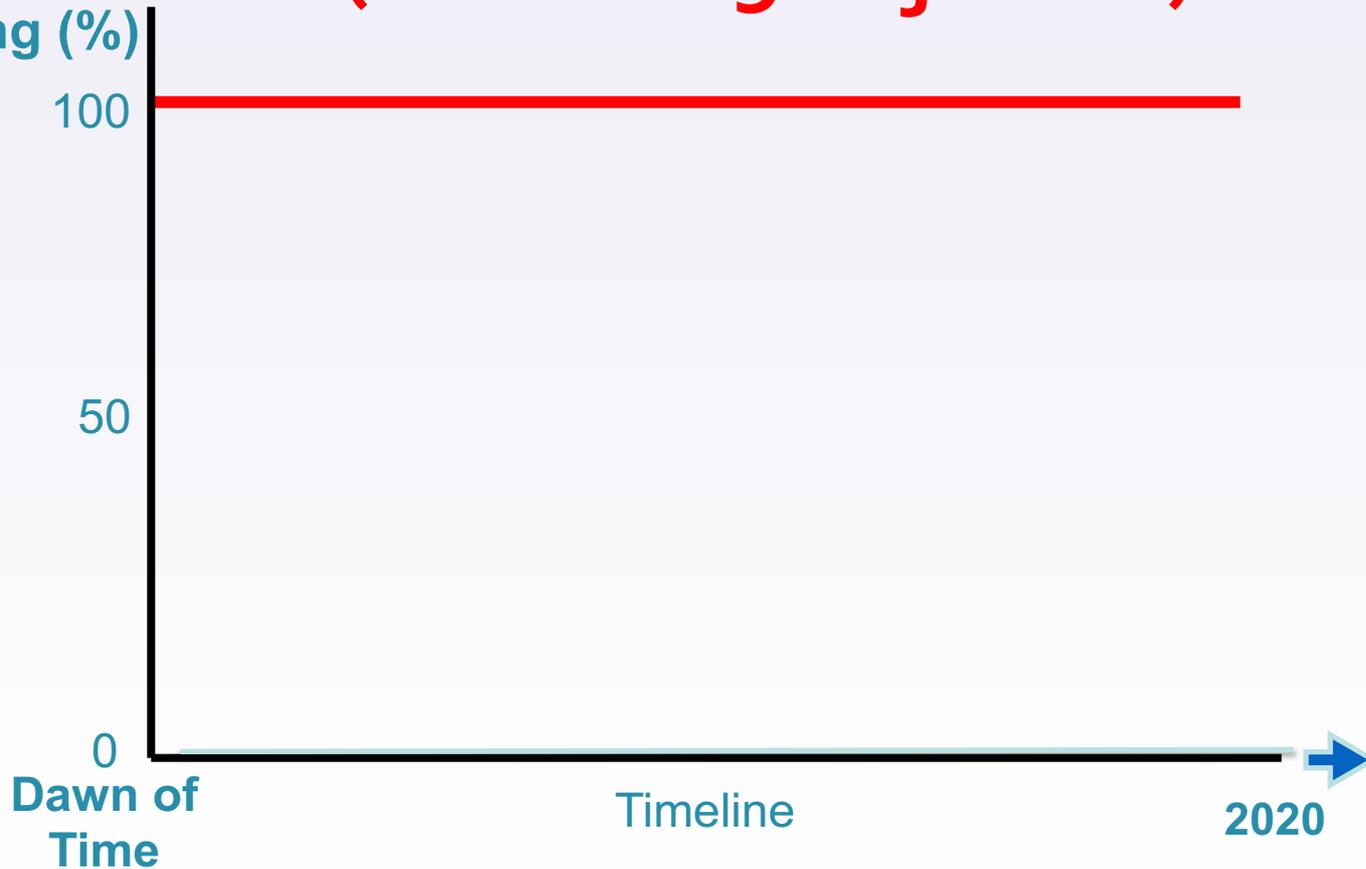
Latest research: the lifetime risk of dying

Lifetime Risk
of Dying (%)



Latest research: the lifetime risk of dying (COVID-19 adjusted)

Lifetime Risk
of Dying (%)



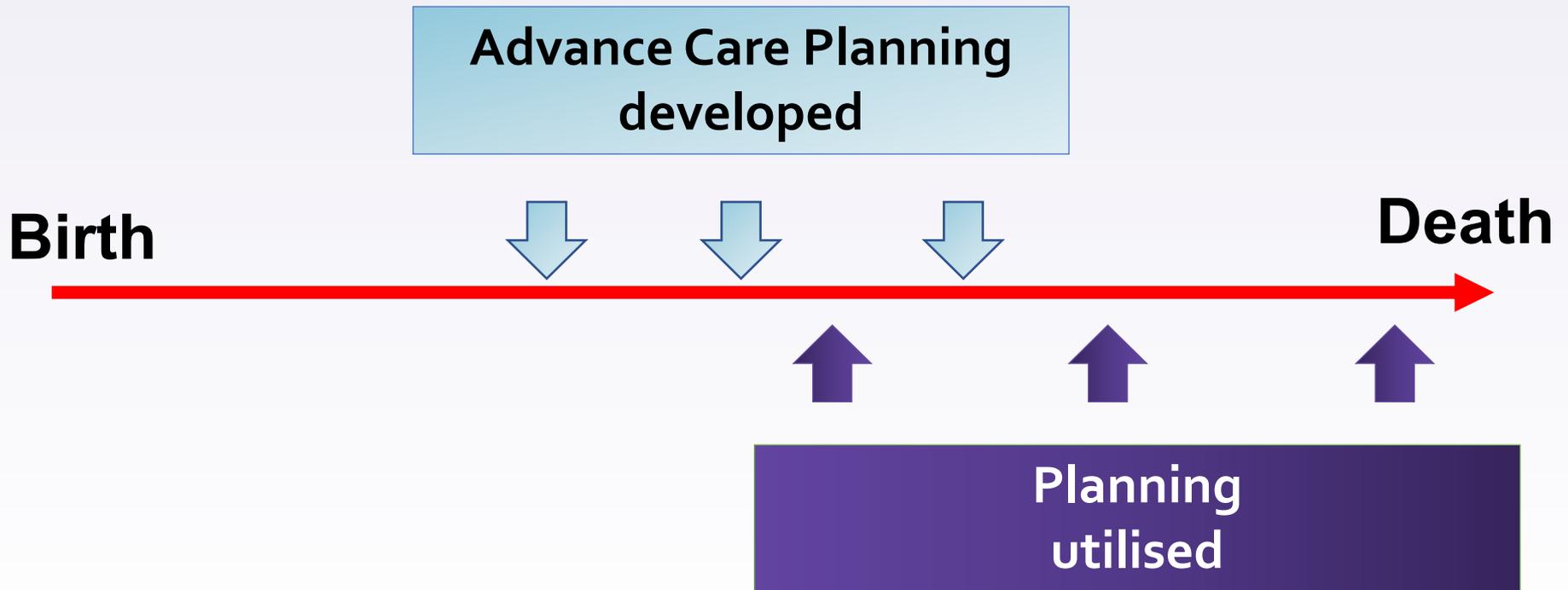
Benefits of ACP



- Reduces stress, anxiety and depression in surviving family members
- Improves patient satisfaction and quality of life
- Decreases use of intensive medical interventions with better control of mental and physical symptoms in last phases of life
- Limits unwanted medical treatments (such as cardiopulmonary bypass, ICU admission or hospitalisation)
- Improves concordance between expressed preferences for care and delivered care, greater patient and carer satisfaction with care, less decisional conflict
- Results in fewer in-hospital deaths and ICU admissions, more hospice use, more comfort-oriented end-of-life care
- Fewer inappropriate transfers to hospital of patients living in RACFs with advanced illness

Scott et al Med J Aust 2013; 199: 662-666
Houben et al J Am Med Dir Assoc 2014; 15:
477-89

ACP - It's not just about end of life





Who to consider for ACP?



Surprise Question

Would you be surprised if this patient died within the next 12 months?

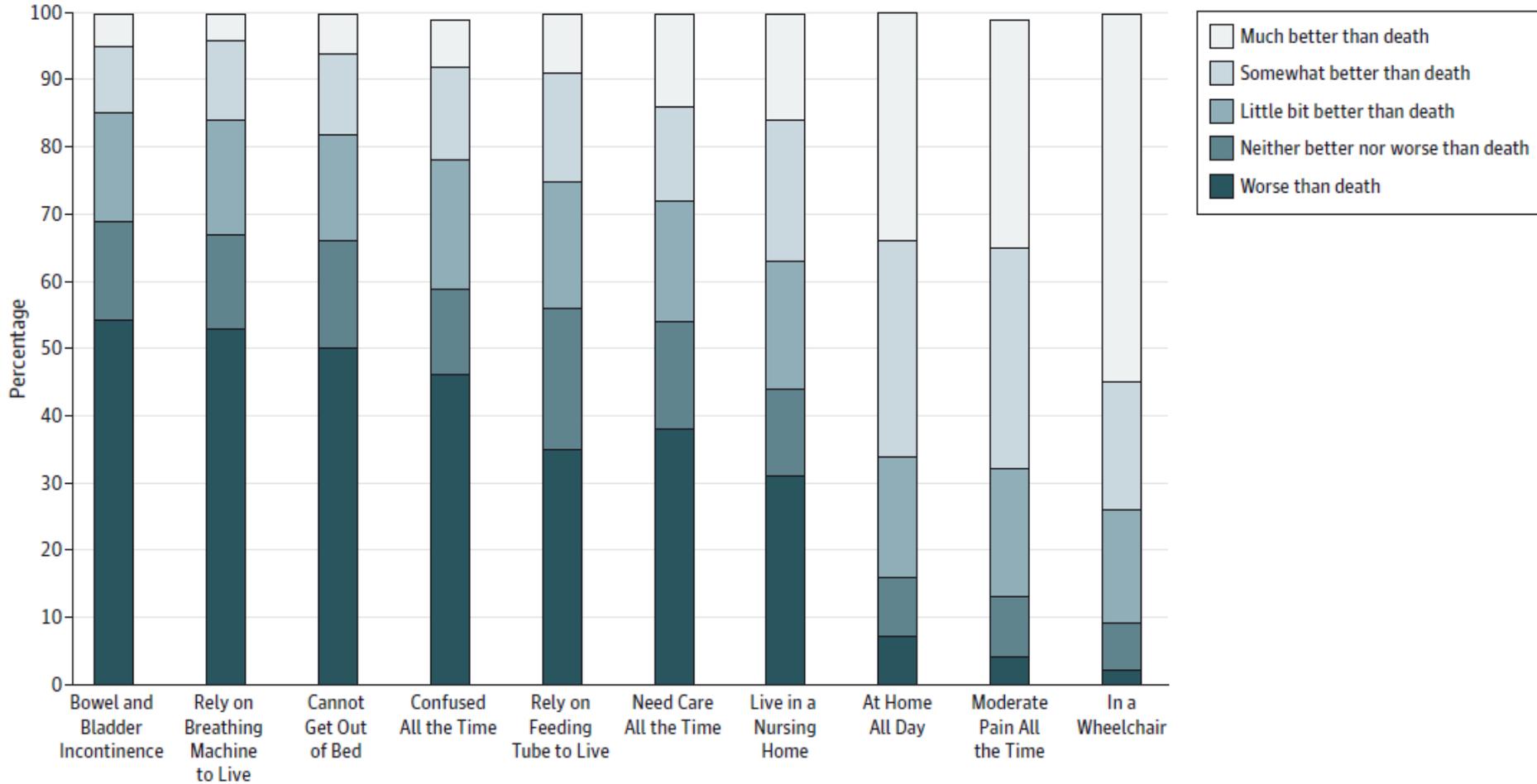
75%

How accurate is the 'Surprise Question' at identifying patients at the end of life? A systematic review and meta-analysis. White et Al BMC Med. 2017 Aug 2;15(1):139. doi: 10.1186/s12916-017-0907-4.



What to discuss in ACP?

What Matters Most



Ratings of states of functional debility relative to death by hospitalized patients with serious illnesses

Rubin et al JAMA Intern Med 2016

When does ACP come into effect?



Capacity

- understand information
- make a decision
- communicate the decision

Not Black or **White**

Applies to a particular decision / time

Voluntary Assisted Dying & ACP



Advance care planning documents cannot be used to make requests for voluntary assisted dying.

To access VAD a person must **have** decision-making capacity.

For ACP documents to be used the person must **not** have decision making capacity.

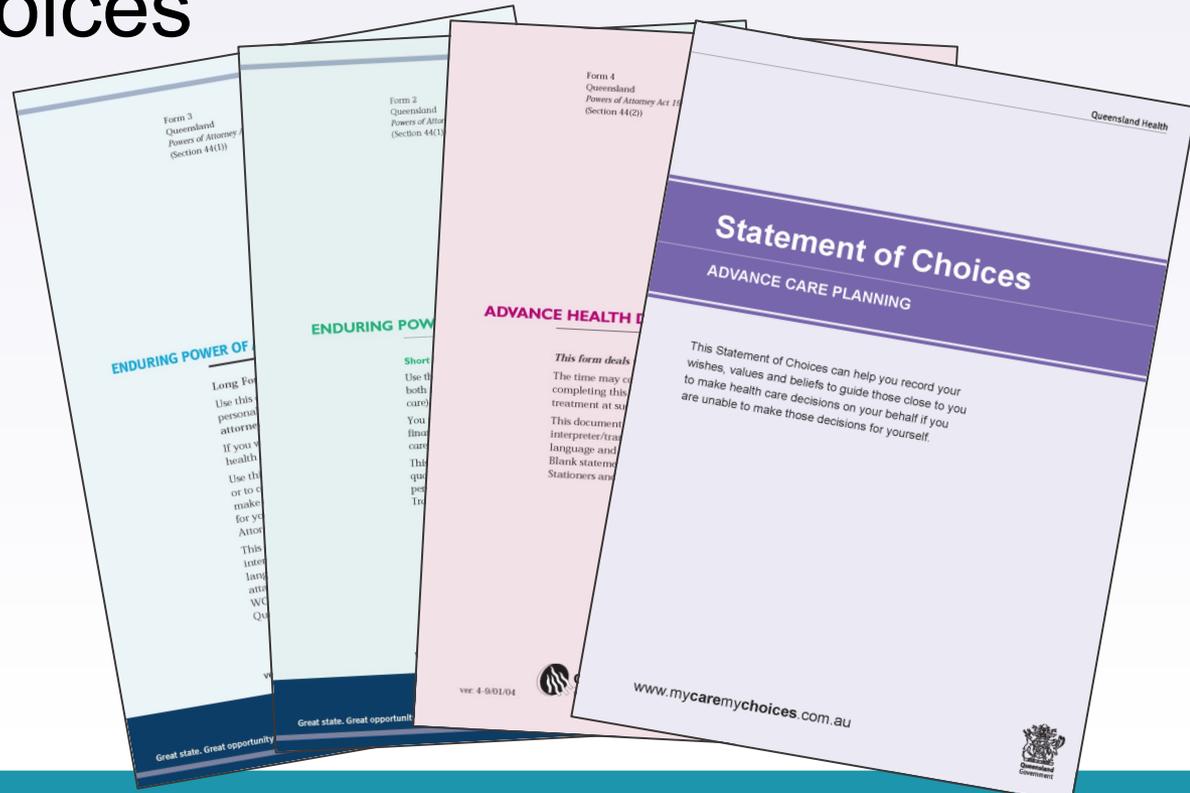


How to record ACP?

Advance Care Planning Documents



- Advance Health Directive
- Enduring Power of Attorney
- Statement of Choices
- Acute Resuscitation Plan



My Care, My Choices

Advance Care Planning



✚ About us

[What is advance care planning?](#)

[How to complete an advance care plan](#)

[Queensland advance care planning forms](#)

✚ ACP resources

[Information for GPs](#)

[FAQ](#)

My Care, My Choices

My Care, My Choices is a Queensland Government advance care planning initiative.

Age, illness or accident may at some time make it hard for you to make decisions about your health care.



About us

The Office of Advance Care Planning is a statewide service, hosted by Metro South Health, that helps to promote the important process of advance care planning. You can send a copy of completed advance care planning documents to the Office of Advance Care Planning for review and upload to your Queensland Health electronic hospital record (The Viewer). If you wish your documents to be in My Health Record only you can upload them via myhealthrecord.gov.au.

Share this



Contact

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[What is advance care planning?](#)

<https://www.advancecareplanning.org.au/>



NEED ADVICE? ☎ 1300 208 582

OTHER LANGUAGES ▾

Advance Care Planning Australia
BE OPEN | BE READY | BE HEARD

[Understand advance care planning](#)

[Create your plan](#)

[Law and ethics](#)

[Education and Quality](#)

[About us](#)



Advance Care Planning Australia

Advance care planning is thinking about and documenting your preferences for future health care.

It prepares you and others for a time when you may no longer be able to communicate those decisions.

Advance Care Planning Australia is funded by the Australian Government and administered by Austin Health.

[Learn more about advance care planning](#)



GET STARTED TODAY

Free starter pack

Our email starter pack is a great way to get all of the information you need to start the advance care planning process in one handy email.

We'll include relevant information and forms for your state or territory.



SHARE YOUR CHOICES TODAY

The Questions That Matter Most

If you were too unwell to speak for yourself, who would speak for you and what would they say?

Watch our new video where we speak to several families and ask the big questions.

My personal values and considerations

Describe what you value or enjoy most in your life:

Think about what interests you or gives your life meaning.

Statement of Choices

My current medical conditions include:

You may wish to discuss this with your doctor.

Consider how your health conditions might affect your life in the future.

Describe the health outcomes that you would find acceptable or unacceptable:

Think about what you would or would not want in your day-to-day life, including your well-being now and into the future.

When I am nearing death, the following would be important and would comfort me:

Think about your personal preferences, such as place of care, special traditions or spiritual support.

Indicate the place where you would prefer to die: (e.g. home, hospital, aged care facility, on Country)

Consider how you would want to be cared for after you die:

Think about your spiritual, religious and cultural practices; and any other wishes that you want noted e.g. funeral plan, Will, organ/tissue donation.

Office of ACP:

- **Shares** health care wishes with doctors involved in a person's care
- **Reviews** and uploads completed ACP documents to [The Viewer](#) for people living anywhere in Queensland, accessed by clinicians
- **Notifies** a person's GP about documents (via SWT)
- **Provides** information and resources about ACP
- Works closely with **ACP contacts throughout Qld** and connects people to their local ACP services
- Manages the central **database** of Queenslanders' end-of-life care preferences to inform future health care planning

Ph: **1300 007 227** Fax: **1300 008 227**

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Thank you!

Gotta do my ACP