



# Advance Health Care Planning

Dr. Douglas McGregor, Regional Medical Director,  
Palliative Care

Pat Porterfield, Regional Leader, Palliative Care

# Why are we addressing this issue?

- At present:
  - Increased longevity; increased time living with chronic disease and cognitive decline
  - Public concern in regard to personal choice in health care decision-making
  - Health care providers' competence and comfort with juggling legal, professional and socio-cultural issues
  - Changes to legislation

# Why are we addressing this issue?

- Benefits for public:
  - Greater satisfaction on part of patients to be empowered to express informed choices
  - Families value being informed and participating in conversations with their loved ones. ACP is most likely to succeed within this context.
  - Advance health care planning can reduce family stress when decisions have to be made.

# Definitions

***Advance Care Planning:*** an **ongoing process** of learning, deciding, and talking about future health care choices to be used as guidance when a person is unable to make or communicate these decisions.

Successful advance care decision-making is a process which engages health care providers and persons/families in discussions at important clinical milestones.

# Definitions

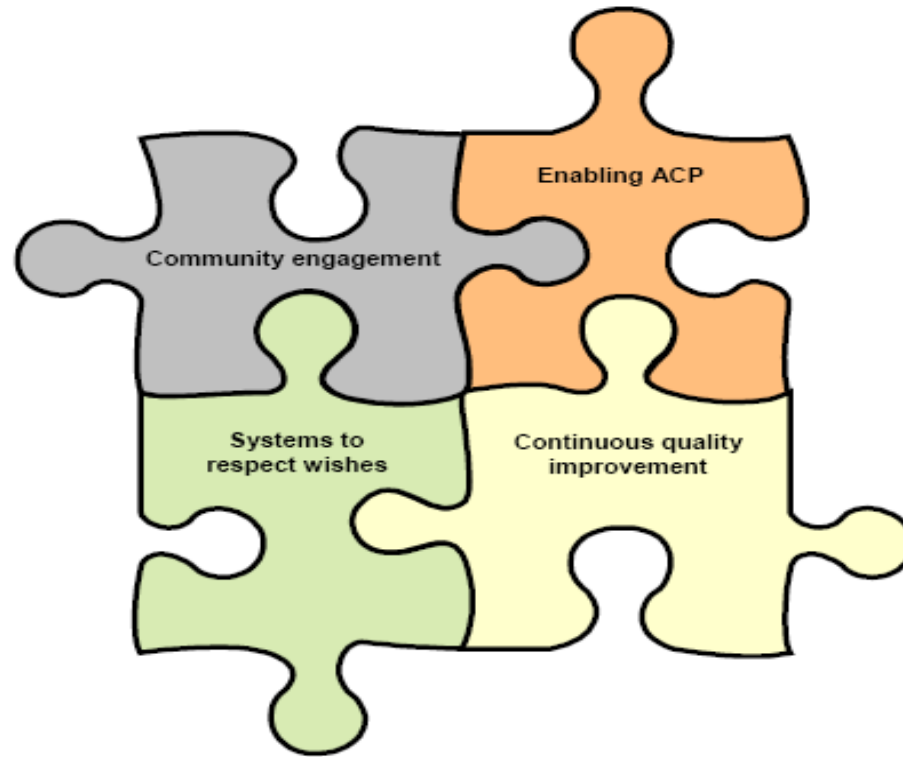
## ***Advance Directive (may be known by the public as a Living Will):***

- documents the results of advance care planning completed by a capable adult
- provides direction to his/her legally-appointed decision maker regarding future health care decisions;
- direction is used if the adult becomes incapable of making or communicating decisions

# Canadian Landscape (Glossary Project)

- Key concepts are informed consent, proxy designation & written directions
- Variation in provincial legislation and language in regard to concepts of proxy & written directions; differences in legal, health care & social perspectives
- Highly developed and committed regional programs with tools to support public and health care professionals with advance care planning
- Health Canada developing an Implementation Guide for health authority advance care planning

# Health Canada ACP Implementation Framework



Advance care planning model:  
4 basic building blocks

# BC Landscape: How others are responding?

- Providence Health Care: “Options for Care”
- Two health authorities have adopted systemic approaches:
  - VIHA: adapted the “Let Me Decide” model
  - Fraser Health: adopted “Let’s Talk” model, and has professional and public information on their website (using the concept “My Voice”)
- BCMA and MoH: incorporated into the Service Framework as part of Chronic Disease Management

# What are we (VCH) aiming for?

- A health care system that ensures patients' values, wishes and beliefs are identified, recorded and honored.
- Regardless of the setting and health incident, values, wishes and beliefs are reviewed and will guide the care plan.
- A set of tools to provide a consistent approach across all settings for staff in VCH to accomplish these aims

# Necessary Elements to Enable Success

- Socio-cultural competence
- Develop a climate which supports the critical elements in advance health care planning
- Flexible enough to assist different groups of people at different stages with different diseases
- System-wide documentation which is portable, recognized in all settings, and aligned with Provincial law / policies.
- Staff education in holding competent discussions with patients and their families