

# Advance Directives

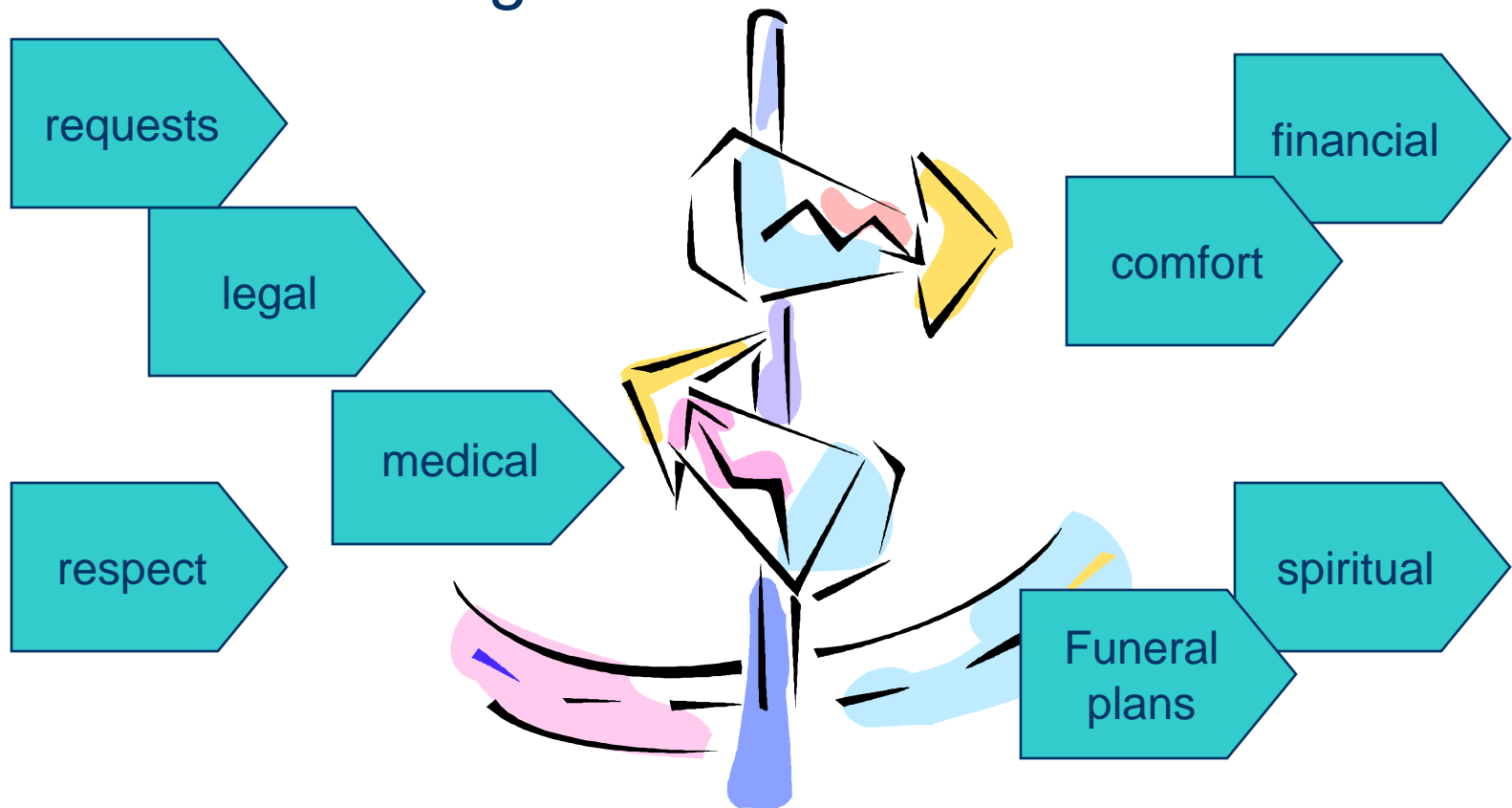
## Guidelines for professionals

Presentation developed by Holly Hoing RN, Countryside Hospice, Inc. Pierre SD

Developed with support and funding from The Wellmark Foundation  
and LifeCircle South Dakota



# What is an Advance Directive?

Giving directions...in advance



# South Dakota's Dying to Know

- End of Life research 2004-2007
- What are SD attitudes toward death and dying
- How much advance planning have they done
- What do they want at end of life
- What do they know about hospice

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- Questionnaire sent to 10,204 random households
  - 24% return - 2,533 responses
  - Interviews conducted with 36 respondents to discuss death of a loved one in the past 5 years

# Attitudes

Fear expressed about “dying well”

64% fear a long term illness

74% fear dying in pain

70% fear being a burden to loved ones

Living in pain(63%)physical dependency(73%)  
and unable to communicate (72%) worse  
than death

# Disconnects



- 89% of South Dakotans were comfortable talking about death and dying in the survey

But only ...

60% have talked to their spouse or family


35% have completed some form of Advance Directive

And...15% have talked to no one

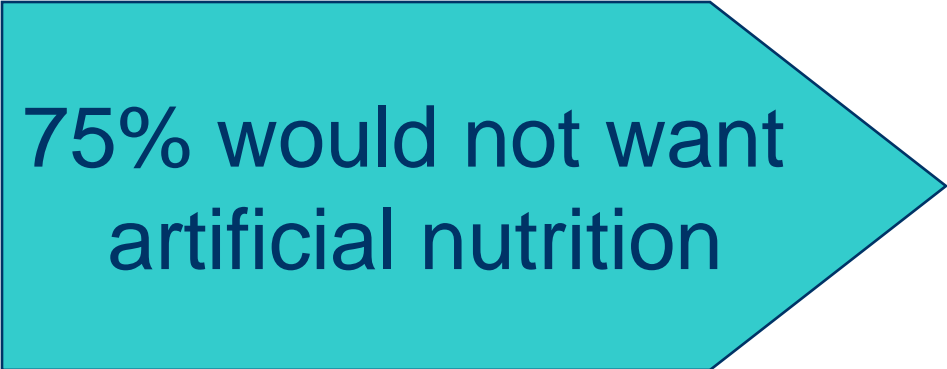




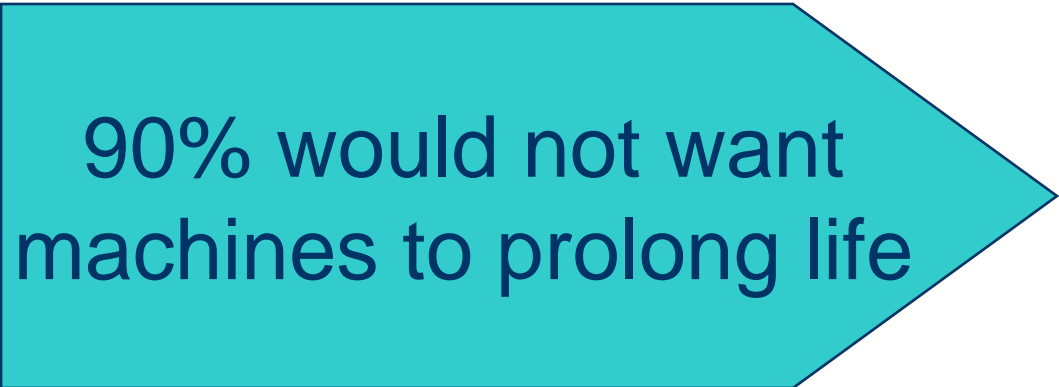
65% would not want  
artificial fluids



And while  
they have  
strong  
opinions  
about what  
they want at  
end of life



75% would not want  
artificial nutrition



90% would not want  
machines to prolong life

**only...**

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6% had the discussion with their  
physician

4% with clergy

16 % with their lawyer



...and they would prefer that someone else  
would initiate the conversation

# What do we have to offer

- Living Will
- Durable Power of Attorney for Healthcare
- 5 Wishes
- Comfort One
- User friendly brochure
- Websites

# Living Will

- Directs treatment to be provided if you are terminally ill, death is imminent or you are permanently unconscious
- Only effective if you are not able to speak for yourself
- Intent to prevent unwanted or futile treatment
- New form for South Dakota

# Durable Power of Attorney for Healthcare

- Outlines care you would like if you are not able to direct your care
- Could include a terminal illness, accident, or sudden illness
- Allows for appointment of a healthcare agent to speak for you if you are unable

if no one appointed - family is consulted beginning with spouse, adult child, parent, adult sibling, grandparent or adult grandchild, adult aunt, uncle, cousin, niece, nephew or close friend

# Healthcare Agent

- Someone you trust will follow your wishes
- May or may not be a family member
- Are two better than one?
- Someone who will act as your advocate
- Agent not responsible for cost of care
- Agent also referred to as: attorney in fact, proxy, representative

# What you would like your agent to do if they need to speak for you

- Look at the written directions
- Remember any conversations/directions you have given – be careful not to tie their hands
- Look at your religious beliefs and values
- Remember your personality
- Look at how you have handled other healthcare decisions
- Weigh benefit versus burden

# 5 Wishes

Wish 1 – Selection of agent

Wish 2 – Living Will

Wish 3 – Comfort

Wish 4 – How you want to be treated

Wish 5 – Wishes for family, funeral requests

State specific

Requires 2 witnesses

# Comfort One

- Out of hospital DNR
- Most common use – hospice patients or others with a progressive illness who are still able to leave their home but have elected DNR status
- Must be signed by or for patient and by physician or NP
- Bracelet available
- [www.state.sd.us](http://www.state.sd.us)

# Comfort One will

- Maintain open airway (not intubate)
- Provide suction
- Provide oxygen
- Provide pain medication
- Control bleeding
- Provide comfort
- Support patient/family

# Comfort One will not ...

- Do chest compressions
- Use advance airway procedures
- Use defibrillator
- Assist breathing
- Administer resuscitation medication

# Resources

## Websites

Aging with Dignity - [www.agingwithdignity.org](http://www.agingwithdignity.org)

Caring Connections



[www.caringinfo.org](http://www.caringinfo.org)

National Hospice and Palliative Care Org

[www.nhpco.org](http://www.nhpco.org)

# Discussion points

- What if you do not have a local physician or you spend part of the year in another community/state
- Have a document that was completed several years ago
- Artificial fluids and nutrition
- Aggressive care vs. comfort
- Can a family member override your requests

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- Where to place document
  - When in doubt notarize
  - Discuss wishes with family/lawyer/physician/clergy

# When is it a good time...to begin or revisit your wishes

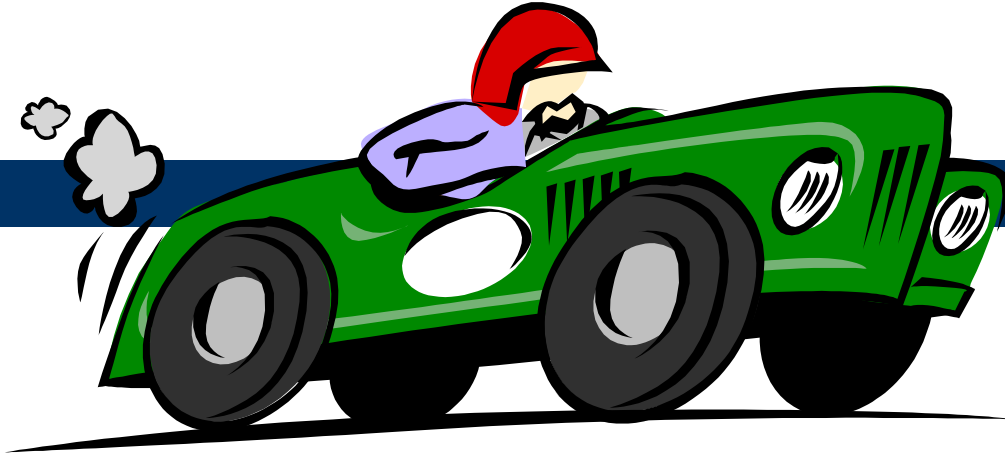
- At your annual physical
- If your marital status changes
- With a new potentially life threatening diagnosis
- **BEFORE THERE IS A MEDICAL CRISIS**

# Additional opportunities for discussion

May open up discussion about:

- Community resources
- Fears
- Misunderstandings/misconceptions
- Spiritual needs
- Unfinished business
- Discuss end of life programs - hospice

No reward for speed



Keep it simple

Don't assume

Know your resources