

# Advance Care Planning

Patient Participation Group Meeting August 2018

Dr Jim Burtonwood

- GP Partner - three days per week.
- Specialty doctor in palliative medicine two days per week
- Honorary lecturer Bristol University
- MSc in Palliative Medicine

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# **Advance Care Planning**

**What is ACP?**

# Advance Care Planning

‘Advance care planning’ (ACP) is the term used to describe the conversation between people, their families and carers and those looking after them about their future wishes and priorities for care.’

**ACP is not...**

# ACP is not...

- ‘Giving up’...
- Set in stone or binding (except for ADRT)
- Asking for treatment which would not otherwise be issued.
- All about resuscitation

# An example...

- Mrs H is a 45 year old smoker who develops a chest infection...

# An example...

- Mrs H is now a 66 year old ex-smoker with recurrent chest infections and occasional hospital admissions.

# An example...

- Mrs H is now 82. She has recurrent chest infections, heart disease, diabetes, leg ulcers and falls. She has frequent hospital admissions and is finding it increasingly difficult at home...

# Another example...

- Mr T is a 55 year old patient with lung cancer who is otherwise fit and maintains an excellent quality of life. Nevertheless, his cancer is not curable and his treatments are geared towards prolonging the quality, not duration of his life...

**Why ACP?**

# Autonomy

Yours not ours!



**Because everyone's  
priorities in life are  
different.**

*“We’ve had I think an about 50 year experiment with medicalising mortality, with casting it as just another problem for us to treat like any other, and I think that experiment is failing. But we have an alternative emerging. It’s one where we learn and elicit what matters most to people in their lives besides just surviving, and then we use our capabilities not to sacrifice it but to protect, to protect it – to protect those priorities that people have.”*

**Atul Gawande, BBC Reith Lectures 2014**

# Dr Atul Gawande

Being Mortal - highly  
recommended.

BBC Reith Lectures





# ACP is...

Hoping for the best, planning for the worst



# ACP is...

Hoping for the best, planning for the worst...  
To avoid this...

**Who is ACP for?**

**All of us...**

**Especially important  
in illness**

**Death...**  
**the final stigma?**

# How does ACP work?

## Advance Care Planning (ACP)



1. **Think**- about the future - what is important to you, what you want to happen or not to happen if you became unwell

2. **Talk**- with family and friends, and ask someone to be your proxy spokesperson or Lasting Power of Attorney (LPOA) if you could no longer speak for yourself

3. **Record**- write down your thoughts as your own ACP, including your spokesperson and store this safely

4. **Discuss** your plans with your doctor, nurses or carers, and this might include a further discussion about resuscitation ( DNAR or Respect ) or refusing further treatment (ADRT)

5. **Share this** information with others who need to know about you, through your health records or other means, and review it regularly.

# Mental Capacity Act 2005

- Capacity is the ability to understand, retain, weigh and communicate information relevant to decision regarding healthcare.
- When capacity is lost through illness, healthcare professionals have a duty to act in your best interest...

# Mental Capacity Act 2005

- But judging what best interest means for each individual can be very difficult.
- ACP allows one to maintain control even when capacity is lost.

# How can we communicate our ACP?

- Tell someone
- Nominate someone (informally or formally through a lasting power of attorney)
- Write it down
- Advance decision to refuse treatment (ADRT)

# How can we communicate our ACP?

- Speak to a healthcare professional
  - Resuscitation decision
  - Treatment escalation plans
  - Change in focus of care
    - Cutting down on appointments, medications or admissions.

# What else can we do as part of ACP?

- Think... ‘what would happen if I became unwell’?
- Make rainy day plans including finances
- Funeral planning?
- Digital legacy, passwords etc.

# Palliative Care

- For some, ACP may entail a progressive switch towards palliative care...

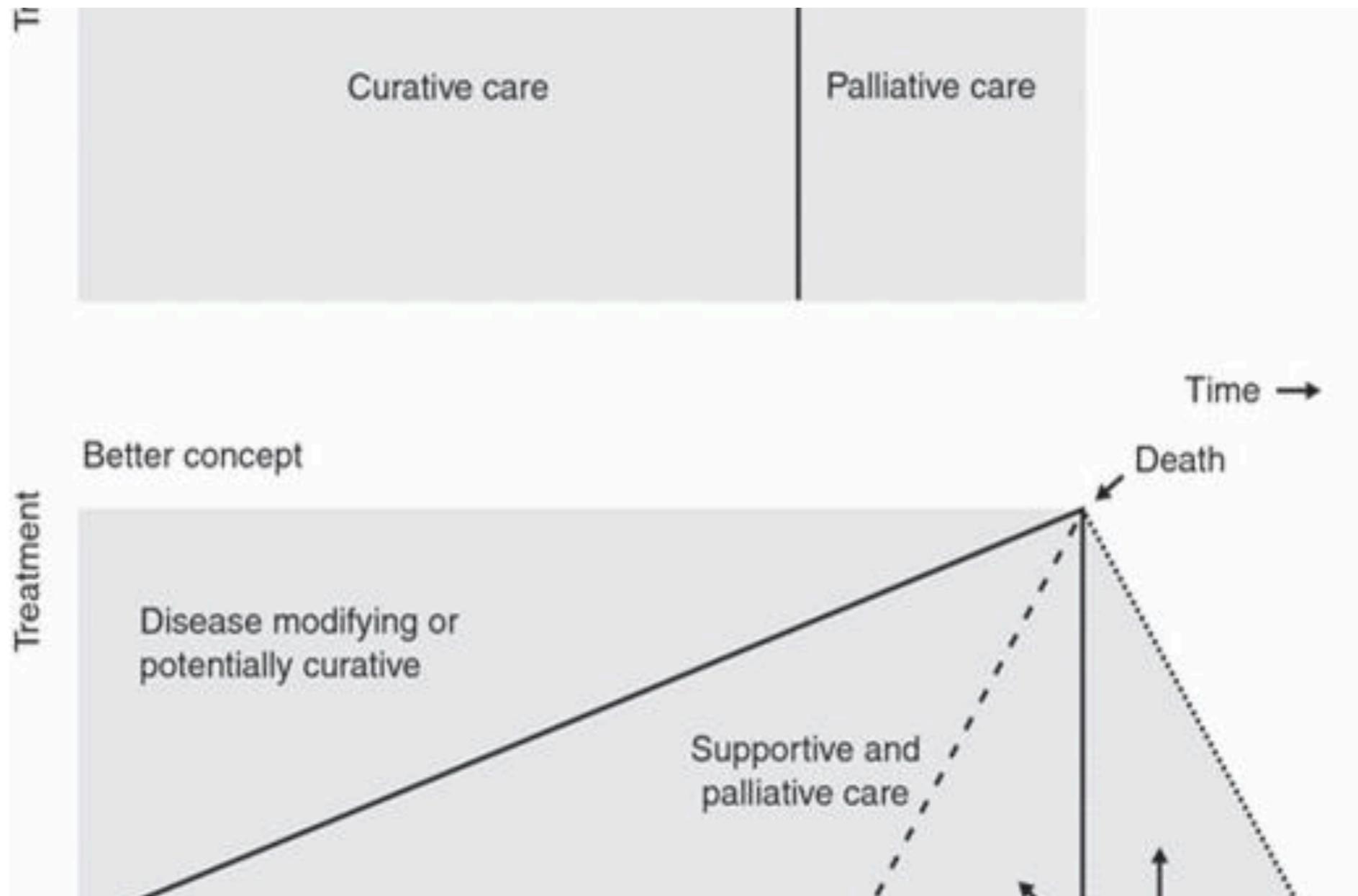
# Palliative Care

- Dame Cicely Saunders



*She said that medicine normally will sacrifice your time and your quality of life now for the sake of possible time in the future. But as that possible time fades and the costs of the quality of life rise, you switch; at some point along the way you have to make the transition. And then she's there, she said, to use all of our medical capabilities to give you the best possible day today, regardless of what it means for your time in the future.*

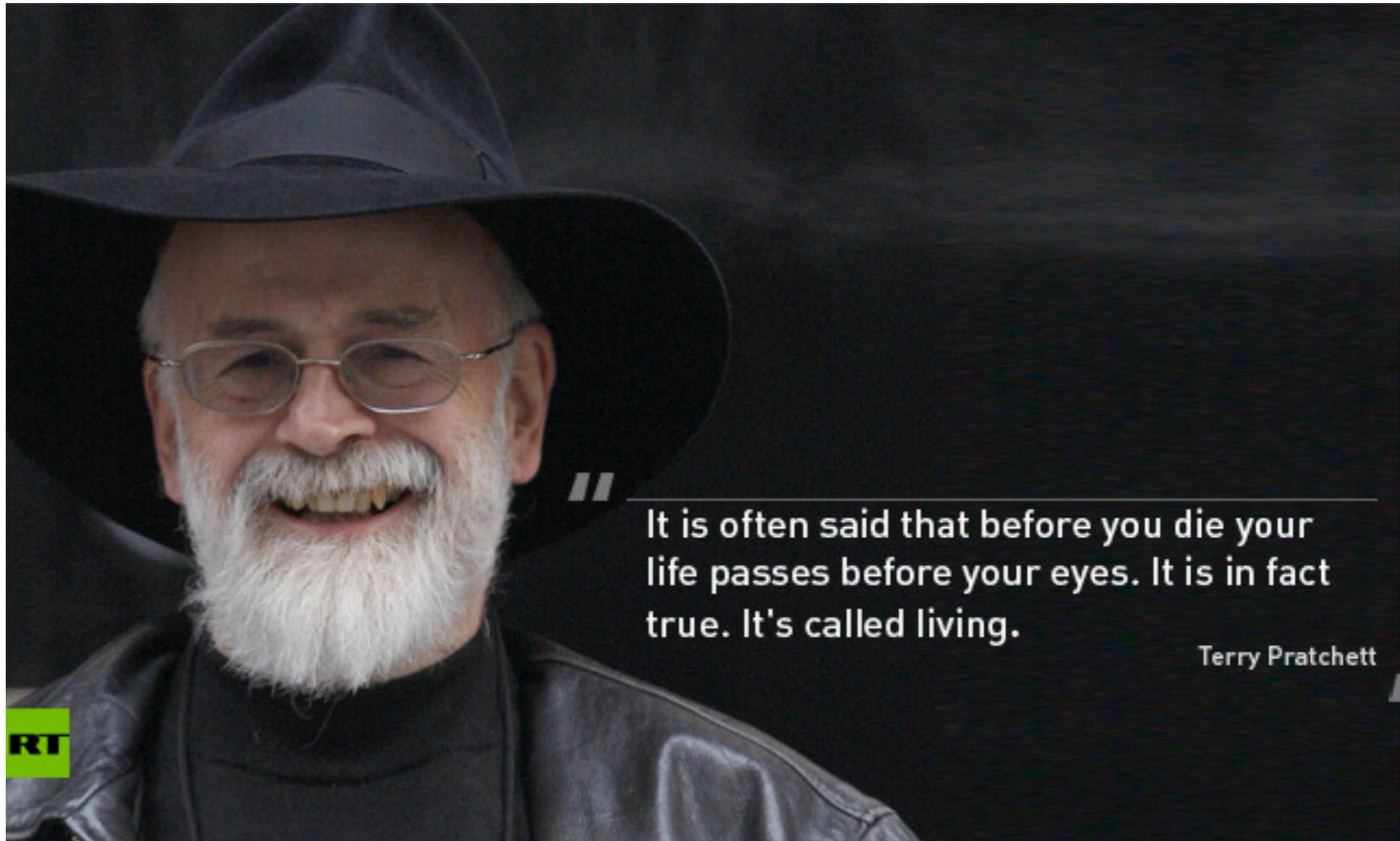
**Atul Gawande, BBC Reith Lectures 2014**



**Palliative Care and 'active' treatment**  
Not mutually exclusive!

# ACP in five simple steps

- <http://www.goldstandardsframework.org.uk/new-5-steps-advance-care-planning-film>



“ It is often said that before you die your life passes before your eyes. It is in fact true. It's called living.

Terry Pratchett

# Any Questions?