

# Advance Care Planning

## True or False

A substitute decision-maker for financial affairs is also empowered to make health care decision.	T___ F___
An Advance Care Plan (ACP) must be made as a pre-condition to admission to any facility or institution.	T___ F___
An ACP discussion should focus on current feelings and wishes, name a substitute decision-maker, identify persons (i.e. loved ones) that the discussions have been initiated with, and provide a copy of the advance directive (AD) in your medical records.	T___ F___
It is always best to be prepared with information about the person with whom discussions are being initiated as well as information about the prognosis/options.	T___ F___
Common reasons why health care providers may resist facilitating ACP conversations are time restraints and fear of destroying the hope of the individual.	T___ F___
The whole health care team is required in development of an ACP as the team possesses common expertise and information.	T___ F___
In some cultures or religions there is an understanding that illness and suffering have a purpose. This will affect decision making during the advance care planning process.	T___ F___
Conflict will occur when doing ACP.	T___ F___
ACP is always a part of routine health care.	T___ F___
ACP is a one-time event.	T___ F___

# Advance Care Planning Answers

A substitute decision-maker for financial affairs is also empowered to make health care decisions. **(False)**

A substitute decision-maker for financial affairs is not necessarily empowered to make health care decisions.

An ACP must be made as a pre-condition of admission to any facility or institution. **(False)**

It is an adult person's right to refuse to do ACP—IT IS A PERSONAL CHOICE.

An ACP discussion should focus on current feelings and wishes, name a substitute decision-maker, identify persons (i.e. loved ones) that the discussions have been initiated with, and provide a copy of the advanced directive (AD) in your medical records. **(True)**

Thorough well documented discussions lessen the likelihood of miscommunications and conflict in the future.

It is always best to be prepared with information about the person with whom discussions are being initiated as well as information about the prognosis/options. **(True)**

Having a good grasp of the person's state of health, prognosis for the course of illness is essential as well as knowledge regarding the person's beliefs, values and life experiences.

Common reasons why health care providers may resist facilitating ACP conversations are time restraints and fear of destroying the hope of the individual. **(True)**

ACP is an important conversation to have in overall provision of health care and needs to be incorporated into time allocated for direct care. Routinely engaging in ACP will demonstrate that hope is not destroyed but conversely ensures that the person's wishes for future care will be carried forth.

The whole health care team is required in development of an ACP as the team possesses common expertise and information. **(False)**

Individual members of the health care team offer different expertise and information. Different settings will determine who is best suited for the role (i.e. within in a long-term care setting hat person may be the nursing director or social worker).

In some cultures or religions there is an understanding that illness and suffering have a purpose. This will affect decision making during the advance care planning process. **(True)**

Different cultures and religions have diverse norms on responses to pain and suffering and death and dying. This needs to be considered in development of an ACP.

Conflict will occur when doing ACP. **(False)**

The likelihood of conflict can be eliminated or significantly reduced by providing consistent information delivered in a well communicated manner. Listen carefully, speak clearly, pause often for clarification and document all conversations. In health care settings members of an inter-professional team can be relied on to bring various strategies for conflict resolution.

ACP is always a part of routine health care. **(False)**

ACP is infrequently completed as part of health care delivery. The importance of ACP in delivery of comprehensive health care needs to be emphasized.

ACP is a one-time event. **(False)**

ACP is a process. The person can change his/her mind about their ACP and/or appoint a different substitute decision-making.