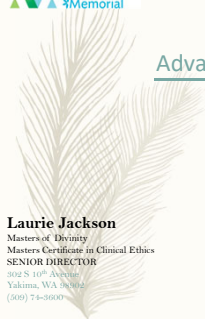


Virginia Mason  
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## Advance Directives




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Virginia Mason Memorial's Care Line for Advancing Illness  
Home Health & Hospice | Palliative Care | Bereavement | Ethics  
Advance Care Planning | Spiritual Care

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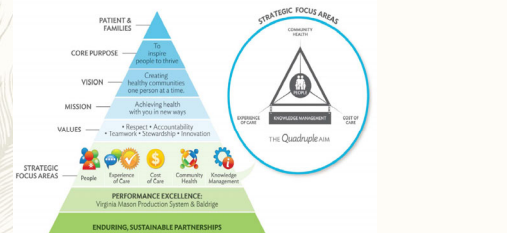
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## Advance Directives

### Objectives

Upon completion of the activity, learners will be able to:

- Understand and be able to provide teach-back on what an advance directive is and how it is implemented in Washington State
- Describe two reasons why it is important for all adults to have an advance directive
- Describe how one community is innovative in its implementation so you can glean ideas for your community

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**Disclosures**

- No conflicts of interest
- No relevant relationships
- I enjoy potato chips with Ranch dressing

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Advance Directives

Advance care planning:  
A foundational element of healthcare

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When Nearing End of Life, What People Want :

- To die at home
- To be free from pain
- To be in the company of loved ones
- To retain control of the care received

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### Advance Directives

- 8.8x increased likelihood of prolonged grief if loved one dies in ICU vs hospice
- 5x increased likelihood of PTSD if loved one dies in ICU vs. hospice
- **10 fewer days spent in hospital during last two years of life if patient participated in advance care planning**

Mark Hanks by Honoring Heroes Press and California Healthcare Foundation



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### Advance Directives

## We are heading HOME!!


- The future of healthcare is the home
- Best practice is moving toward home health agencies utilizing home-based physicians
- Home care agencies are beefing up, not decreasing, home-based programs

No longer is the hospital the hub for healthcare

Evidenced by

- Reimbursement
- Benefit to patient
- Other companies getting into the healthcare market
- Statistics: The national home healthcare market is expected to grow with a cumulative annual growth rate of 8.8% between 2017 and 2023

\*National Institute of Health



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### Advance Directives


Advancing Illness

Diagnosis

Death

PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5
Healthy or with reversible illness	Early onset, chronic conditions	Progressive, frequent complications	Hospice eligible (diagnostic question)	Bereavement Family Support
Chronic and Curative Care		Palliative Care		Bereavement
Advance Care Planning			Hospice	Bereavement

18 years and over



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Why are many talking about  
Advance Care Planning  
and  
La Crosse, Wisconsin?

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Advance Directives



What is an Advance Directive?

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- Durable Power of Attorney for Healthcare
- Living Will

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Durable Power of Attorney for Healthcare

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- General vs. Durable Power of Attorney

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Advance Directives

Durable Power of Attorney for Healthcare

- Decision-Making Order in Washington State

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Advance Directives

We Use Five Wishes

- History for Virginia Mason Memorial/Foundation
- Wish 1: DPOAHC/Health Care Agent
- Wishes 2-5: Living Will

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Advance Directives

Living Will

- Decisions You Want Made on Your Behalf
  - Medical Treatment
  - Comfort
- How You Want to be Treated by Others
- What You Want Others to Know

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Validating

- Validate: Witnessing/Signing
- Make Copies
- Make a File/Packet
- Take it With You

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Related Issues

- POLST Form
- Funeral Planning
- Organ Donation/♥ on drivers license

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Questions

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