

Advance Care Planning (ACP)

Quick Reference Conversation Guide



This guide is designed to provide clear and concise guidance on the steps involved in the ACP process, while offering sample language that you can use to support these conversations.

How do we define Advance Care Planning?

"Advance Care Planning is a process that supports adults at any age or stage of health in understanding and sharing their personal values, life goals, and preferences regarding future medical care."

Sudore RL, et al. Defining Advance Care Planning for Adults: A Consensus Definition From a Multidisciplinary Delphi Panel. J Pain Symptom Manage. 2017

Step 1: Normalize the Conversation & Gauge Readiness



"I'd like to talk to you about your future care and better understand what matters to you and how you want to live. This is something that is important for everyone to think about. Does that sound okay?"

Step 2: Understand Goals and Values



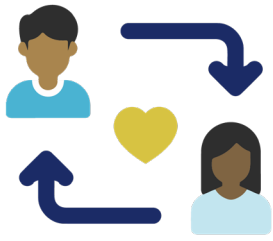
"Tell me a bit about what's important to you and your health? What are your goals for your health? What are your worries?"

Step 3: Understand Quality of Life



"Some people want to live as long as possible even if they're in pain or discomfort. Others want to focus on comfort even if they don't live as long. Where do you fall in this spectrum? What's important to you as you think about your future care?"

Step 4: Identify a Surrogate Decision Maker



"If you became seriously ill and could not communicate, do you know who would make medical decisions for you?"

Step 5: Introduce Common Medical Care Interventions



"I'd like to discuss some common medical care interventions that are important to consider." Consider discussing risks/benefits: CPR, Intubation, Feeding Tubes, Dialysis, Palliative Care, Hospice Care.

Step 6: Complete Documentation

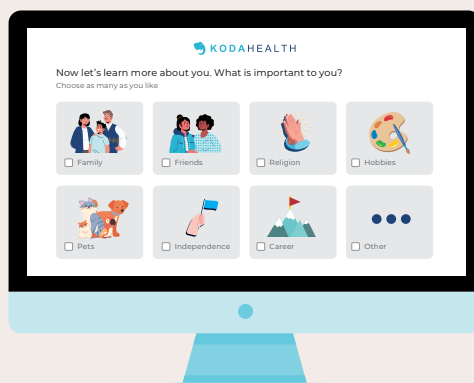


"It's important to legally document your preferences to ensure you get the care you want." Complete advance directives, POLST documentation as applicable.

Step 7: Encourage Sharing with Loved Ones



"Most importantly, it's critical that you share your wishes with your loved ones so they know what's important to you."



Koda Health streamlines Advance Care Planning.

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