

MEDIA RELEASE

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Kia Korero, Let's talk Advance Care Planning

Encouraging people to plan for their future healthcare is the key message of the first national advance care planning campaign, *Kia Korero, Let's talk*.

The campaign, launched in February, promotes the advance care planning or ACP programme managed by the Health Quality & Safety Commission and supported by District Health Boards

Commission chief executive Dr Janice Wilson says that, ultimately, the campaign is about good communication between individuals, their loved ones and health professionals.

“Advance care planning emphasises the value of having open and courageous conversations early. That might include who you want with you when you are very ill, how much treatment you would like and types of treatment you would prefer not to have, and who can make decisions on your behalf if you're not able to.

‘This makes it much easier for everyone to know what matters to you – especially if you can no longer speak for yourself.’

The campaign aims to inspire people to have a conversation with their whānau and health professionals about what matters to them if they become unwell, and to write down their wishes.

Regional ACP Facilitators are helping to embed ACP by raising awareness amongst healthcare teams, supporting clinicians to have ACP conversations with their patients and promoting the awareness of ACP to the public.

Friday 5 April 2019 is Advance Care Planning Day – a day to encourage people to think about, talk about and plan for their future and end-of-life care.

Activities planned for Advance Care Planning day on 5 April are:

Nelson

Nelson Hospital: Display and ACP Facilitator available, Level 2 (outside cafe) 10 – 3pm

Nelson Library: Stand with ACP Facilitator 11am – 12pm (display will run 25 March – 14 April)

Motueka library: ACP talk at 8 April (display will run 1 – 12 April)

Blenheim:

Wairau Hospital: Display and ACP Facilitator available, (Main corridor - just left of main entrance) 10-12pm

Blenheim Library: Window board display – Arthur St, Blenheim. Display running 1st April- 14th April

Seniors Expo: On 9 April, Stand with ACP Facilitator - 10-2.30pm, Marlborough Convention Centre

Ends

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Advance Care Planning: Background information

Advance Care Planning (ACP) is a concept that was introduced internationally in the late 1980s but has only gained momentum in New Zealand in recent years.

ACP assists in the provision of quality healthcare and treatment and is becoming increasingly important, particularly with the growing range of medical treatment options available and the enhanced recognition of the importance of patient involvement in medical decisions.

There is a growing public expectation that an individual's wishes for medical treatment, including end-of-life care, will be respected, even if a progressive disease has affected their decision-making capacity.

What is advance care planning?

Advance care planning is a process of discussion and shared planning for future healthcare.

It focuses on the individual and involves both the person and the healthcare professionals responsible for their care. It may also involve the person's family, whanau and carers if that is the person's wish.

The planning process assists the individual to identify their personal beliefs and values and incorporate them into plans for their future healthcare.

ACP provides individuals with the opportunity to develop and express their preferences for care informed not only by their personal beliefs and values but also by an understanding of their current and anticipated future health status and the treatment and care options available.

ACP discussions are likely to encompass rich conversations that go beyond the issue of resuscitation and may include meanings and fears around illness and dying, preferences for after death care, and spirituality.

What is an advance care plan?

An advance care plan is the desired outcome of the ACP process. An advance care plan is an articulation of wishes, preferences, values and goals relevant to all current and future care.

Ideally, it is documented rather than verbal but can be in any format. It should be accessible to current and future healthcare providers and to family and whanau members according to the person's wishes.

A new electronic ACP process is currently being implemented across South Island DHBs. Once a person's ACP has been entered into a template it will be accessible to everyone involved in their care via HealthOne.

An advance care plan will be referred to if a patient is unable to speak for themselves. ACPs need to be regularly reviewed and updated as and when situations change.

Any decision to participate in the ACP process or use an advance care plan is entirely voluntary.

What issues are discussed in ACP?

The ACP process aims to empower an individual to make informed decisions about their future care.

ACP discussions cover the:

- person's understanding of their illness and prognosis
- types of care and treatments that may be beneficial in the future and their potential availability
- person's preferences for future care and treatments
- person's concerns, fears, wishes, goals, values and beliefs
- person's preferred place of care (and how this may affect the treatment options available)
- family and whanau members or others that they would like to be involved in decisions about their care (this may include the appointing of an Enduring Power of Attorney or EPA)
- person's views and understanding about interventions that may be considered or undertaken in an emergency (such as cardiopulmonary resuscitation)
- person's needs for religious, spiritual or other personal support.