

**Preparation for a Discussion about Advance Care Planning and POLST Form**

A **LTC facility** staff member or medical provider will talk with you about your current health condition, your medical treatments, and your wishes for future medical care. You can help prepare for this discussion by considering the following questions. It is often helpful to discuss these questions with your family or medical decision-maker. This paper is only your initial thoughts, and NOT your final choices. You can discuss any question or concerns that you have about your health condition or treatment during the meeting with a staff member of medical provider.”

<b>1. Have you previously completed advance care planning documents?</b>				
	Living will	Yes No	Have you already provided a copy?	Yes No
	Healthcare Power of Attorney	Yes No	Have you already provided a copy?	Yes No
	POLST (pink paper)	Yes No	Have you already provided a copy?	Yes No

<b>2. When you consider your medical and physical health, would you say it is:</b>		
<input type="radio"/>		Improving, or a has good chance of improving
<input type="radio"/>		Stable and about the same
<input type="radio"/>		Declining, and not clear if it will improve

<b>3. As you think of your current and future medical care, which <u>best</u> describes your wishes?</b>		
<input type="radio"/>		Do everything possible to prolong life, even if I am very ill and need major treatments.
<input type="radio"/>		Try to maintain my health with simpler treatments, if they are not major or uncomfortable or risky (antibiotics, medications, IV fluids, x-rays, hospitalization, etc.). Talk with me before starting major or uncomfortable treatments.
<input type="radio"/>		Provide treatment only for my comfort. Do not give interventions only to extend life. Do not send me to the hospital if I am comfortable.

<p><b>4. If you have a life-threatening event, and your heart stopped, and you were not breathing (this means you are very ill and likely to die soon): If this happens, do you want immediate emergency efforts to attempt to prolong life (a code blue)? This often requires shocking the heart, pushing very hard on your chest, and placing a breathing tube into your lungs.</b></p>			
<input type="radio"/> YES	How long should this continue?	<input type="radio"/>	Briefly – less than 30 minutes to see if I respond
		<input type="radio"/>	At least until I get to the hospital
		<input type="radio"/>	Indefinitely, if there is any chance of improvement
<input type="radio"/> NO			

<p><b>5. Would you accept treatment in the hospital, if that was required to keep you alive?</b></p>	
Yes	No

<p><b>6. Would you accept treatment in an intensive care unit , if that was required to keep you alive?</b></p>	
Yes	No

<p><b>7. Would you <u>ever</u> accept any of the following specific treatments?</b></p>		
Yes	No	IV fluids
Yes	No	Antibiotics
Yes	No	Feeding tube – in the nose or through the abdomen
Yes	No	Kidney dialysis

<p><b>8. If you were unable to make health care decisions, who do you feel would best represent your wishes?</b></p>	
Name	_____