

60% of Canadians think it's important to talk about end-of-life care but only **5%** have talked to their physician.¹

Speak Up has resources to help you address the challenges of including this essential element of care in a busy family practice.²

Advance Care Planning opportunities often arise when there is a change in your patient's health. But ACP is appropriate for everyone.



Here are some suggestions on how to start the conversation with your patients:

- **If you were to get very sick** and could not speak for yourself, who would you trust to make medical decisions for you?
- **You are well now, but** it is good to plan for the future. If you suddenly became ill or had an accident and couldn't speak for yourself, who would you trust to speak for you?
- **I'd like to talk to you about your wishes** for care in case you get very sick. That might not happen, but if it does and you can't communicate, it would be important to know who would speak for you and about your goals and wishes for care.
- **How much does your family know** about your priorities and wishes?
- **What are your biggest fears** and worries about the future with your health?³

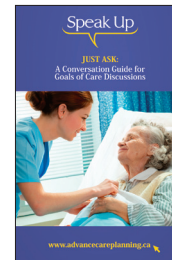
Why should you start advance care planning conversations with your patients?

- You have a longstanding relationship with your patients and they trust you.
- You have knowledge about them and their health issues (concerns).
- Research has demonstrated that advance care planning:
 - ✓ Improves your patient's quality of life;
 - ✓ Improves the quality of end-of-life care;
 - ✓ Reduces stress and anxiety for patients and families;
 - ✓ Improves communication with families; and
 - ✓ Reduces strain on the health care system.⁴

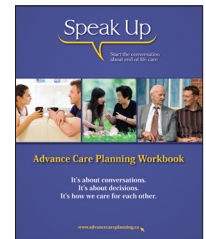
There are tools to help you do this:



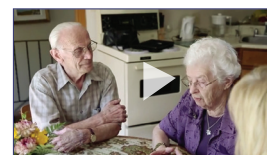
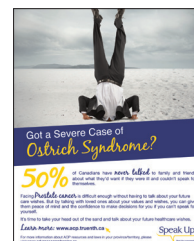
"Just Ask About Advance Care Planning" conversation card



"Just Ask About Goals of Care" conversation guide



Workbooks for your patients - both in print and online



Posters and videos for your waiting room



VISIT www.advancecareplanning.ca to access physician resources as well as specific resources and legal requirements for each province and territory.

Advance Care Planning is a process of **reflection and communication.**

5 STEPS to Advance Care Planning



1. THINK: What are your values, wishes, beliefs and understanding about your care and specific medical procedures?



2. LEARN: About different medical procedures and what they can and can't do.



3. DECIDE: Who will be your substitute decision maker? Someone who you trust and is willing and able to speak for you if you can't speak for yourself.



4. TALK: About your wishes with your substitute decision maker, loved ones, and your doctor.



5. RECORD: Your wishes. It's a good idea to write down or make a recording of your wishes.

Speak Up has workbooks that patients and families can use to do advance care planning.

These workbooks, which are free and accessible **online**, have been tested in primary care. They are effective in improving advance care planning engagement among patients.⁵



Your patients can complete an online workbook at
www.myspeakupplan.ca/

¹ Canadian Hospice Palliative Care Association, What Canadians Say: The Way Forward Survey Report, for The Way Forward initiative, Harris/Decima: 2013

² Howard M, Elston D, Arora N, Hanvey L, Slaven M, Bernard C, Klein D, Tan A, You J, Asselin G, Mroz L, Heyland R, Barwich D, Heyland D. Barriers to advance care planning with patients in primary care: a multicenter survey of clinicians. Poster. Hospice Palliative Care Ontario Annual Conference. Richmond Hill, Ontario, Canada. April 17-19, 2016.

³ Ariadne Labs. (2012). A Joint Center for Health Systems Innovation and Dana-Farber Cancer Institute. and Speak Up. (2015). Just Ask Conversation Card - Advance Care Planning. Retrieved from: <http://www.advancecareplanning.ca/resource/just-ask/>

⁴ Speak Up Primary Care Toolkit Retrieved from: <http://www.advancecareplanning.ca/resource/primary-care-toolkit/>

⁵ Hanvey L, Howard M, Elston D, Arora N, Mroz L, Barwich D, Heyland R, Heyland D. Efficacy of the speak up tool to improve patient engagement in advance care planning. Palliative Care Ontario Annual Conference. Richmond Hill, Ontario, Canada. April 19, 2016.