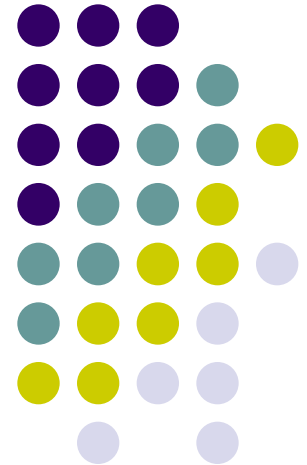


# Advance Care Planning (ACP)

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Caroline Chisholm Centre for Health Ethics:  
SVPM Heads of Department,  
9 April 2014





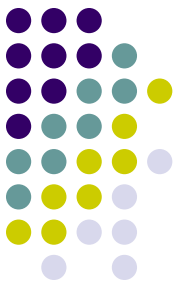
# Outline

1. Introduction
2. History at St Vincent's Public
3. Is ACP Catholic?
4. Is ACP important?
5. Is ACP difficult?
6. Twilight seminar on 3 June



# 1. Introduction

- Advance care planning (ACP) is the process of planning for future health and personal care whereby the person's values, beliefs and preferences are made known so they can guide decision making at a future time when that person cannot make or communicate his or her decisions.
  - Appointing a Substitute Decision Maker
  - Statement of Values and Wishes
  - Advance Directive (which can be binding)



## 2. History at St Vincent's Public

- 2002: Site testing of Austin Health's RPC
- 2005+ ACP Working Group
- 2009+ ACP Working Group
- 2011+ ACP Working Group
- 6 August 2013: Launch of *bestCARE* policy
- 2014+ *bestCARE* Steering Committee  
with Project Manager Caroline Scott

*best***CARE**



- **Consider**
- **Act**
- **Record**
- **Effect**



### 3. Is ACP Catholic?

- Yes.
- ACP is based on the Catholic distinction between ordinary and extraordinary means of preserving life: We should take reasonable steps to preserve our life ('ordinary' or 'proportionate' means). But we may refuse anything which is unreasonable or excessive ('extraordinary' or 'disproportionate' means).
- The *bestCARE* policy is endorsed by Archbishop Denis Hart and his Episcopal Vicar for Health and Aged Care Mons Tony Ireland.



## 4. Is ACP important?

- Yes.
- ACP helps to spare people from unwanted, futile and burdensome treatment at the end of life.
- ACP significantly increases patient/family satisfaction about their hospital stay. It significantly reduces stress, depression and anxiety for patient/family during and after EOL care.
- It is required by the National Safety and Quality in Health Care (NSQHS) standards (Standards 9 & 1).



## 5. Is ACP difficult?

- It is a bit challenging:
- **Hospital systems:** policies & procedures, education & training, forms & records, information retrieval systems, audit & quality improvement, embedding ACP so it becomes standard practice
- **Skills for clinicians:**
  - Facing and responding appropriately to difficult situations and painful emotions
  - Appropriately facilitating decision-making



## 6. Twilight Seminar on 3 June



- 3.00 to 3.30 pm: Registration
- 3.30 to 4.30 pm: *Code of Ethical Standards for Catholic Health and Aged Care Services in Australia*
- 4.30 to 4.45 pm: Short break
- 4.45 to 5.45 pm: End of Life Care (including Advance Care Planning)