

Advance Care Planning (ACP)

WHAT IS ADVANCE CARE PLANNING (ACP)?

Advance Care Planning (ACP) is a process of discussion and shared planning for future health care which involves the individual, their family/whānau (if the person chooses) and their health care professionals. ACP encourages a person to develop and express their preferences for future care based on their beliefs and values, as well as an understanding of their current and likely future health status, and the treatment and care options that might be available to them.

These conversations may be formalised into an Advance Care Plan using the Canterbury Initiative 'My Advance Care Plan' (available on the Community HealthPathways and Healthinfo websites). Within the Advance Care Plan a person may choose to make an advance directive. This is consent or refusal to specific treatment(s) that may be offered in the future when that person no longer has capacity. This might include decisions about cardiopulmonary resuscitation, intubation or the administration of blood products.

WHO IS ACP FOR?

ACP is for everyone but the population who will benefit most immediately from ACP conversations are those with life limiting conditions and/or those with progressive cognitive conditions whose competence is expected to decline in the future.

Within Canterbury an ACP subsidy is available to GP practices who undertake the ACP process with a patient who meets the 'Surprise Question' criteria i.e. "you would not be surprised if the patient were to die in the next 12 months". This may include those with malignancy, the frail elderly and those with advanced heart, respiratory, renal or hepatic failure.

WHAT IS THE VALUE OF ACP?

The benefits of ACP can be varied and considerable. Research tells us that ACP:

- Encourages conversations about what is important for a person (Hudson & O'Connor, 2007)
- Helps a person achieve a sense of control as their illness progresses and death approaches (Lyon, 2007).
- Improves patient and family satisfaction with overall care (Detering et al., 2010).

WHAT IS THE PROCESS FOR COMPLETING AN ACP IN CANTERBURY?

For patients, more information about ACP and a copy of the My Advance Care Plan template is available at www.healthinfo.org.nz.

For health care professionals, more information about the ACP process and the subsidy is available on www.healthpathways.org.nz.



FURTHER RESOURCES:

www.advancecareplanning.org.nz is the National ACP Cooperative website. It has extensive information and resources for patients, their families and health care providers about the ACP process.



Canterbury
District Health Board
Te Poari Hauora o Waitaha

our voice
to tatou reo

Advance
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Advance Care Planning in Canterbury

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