Engaging Families and Healthcare Providers in Advance Care Planning

Lois Ustanko
President, Honoring Choices ND
Kayla Hochstetler
Valley Community Health Center
Nancy Joyner
Advance Care Planning Facilitator
Monica Hannan
KFYR-TV
Advance Care Planning in North Dakota

The Past ▪ The Present ▪ The Future

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Advance Care Planning: Definition

Advance Care Planning is a person-centered, ongoing process of communication that facilitates individuals’ understanding, reflection and discussion of their goals, values and preferences for future healthcare decisions.

Respecting Choices®
Gunderson Health System

http://www.gundersenhealth.org/respecting-choices
Advance Care Planning: Current Status

What People Say
• 6 of 10 say it is important to talk about wishes for end-of-life care
• 8 of 10 say it is important to have wishes in writing
• 8 of 10 say they would like to talk to their doctor
• 7 of 10 say they would prefer to die at home

What People Do
• 4 of 10 have talked to their loved ones about their wishes
• About 1 in 4 have wishes in writing
• Less than 1 in 10 have had doctor talk to them
• In 2009, about 1 in 3 deaths occurred at home


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Advance Care Planning

Key Findings: Public Education and Engagement

• Need for public education and engagement

http://www.nhdd.org/#welcome

• Need to normalize conversations about death

http://theconversationproject.org/#

“We’ve been wrong about what our job is in medicine. We think our job is to ensure health and survival. But really it is larger than that. It is to enable well-being.”

Atul Gawande, 2014

*Being Mortal: Medicine and What Matters in the End*
Advance Care Planning: The History

- **1991** – Patient Self-Determination Act → ND health care directives authorized
- **1999-2003** – Matters of Life and Death → community forums, end-of-life care education for physicians and nurses
- **2005** – Physician Orders for Life-Sustaining Treatment (POLST) introduced to ND → limited utilization
- **2013** – Inconsistent advance care planning and limited EOL care education for most healthcare professionals
Advance Care Planning: The History

- April 2013 – QHA (NDHCRI) Advance Care Planning: Beyond an Advance Medical Directive webinar
- June 2013 – North Dakota Medical Association request
- August 2014 – North Dakota Advance Care Planning Initiative face-to-face meeting → Honoring Choices North Dakota®
- December 2014 – HCND Steering Committee formed
- April 2015 – Honoring Choices North Dakota incorporated as a ND nonprofit organization
- June 2017 – POLST forms accessible on HCND website
### Honoring Choices North Dakota®

<table>
<thead>
<tr>
<th><strong>Beginning:</strong></th>
<th>Conference call with 12 individuals participating</th>
<th>June 2013</th>
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</thead>
<tbody>
<tr>
<td><strong>Interim:</strong></td>
<td>Nonprofit incorporation</td>
<td>April 2015</td>
</tr>
<tr>
<td><strong>Current:</strong></td>
<td>215 members representing 104 organizations from 34 ND communities, 7 MN communities and 2 SD communities</td>
<td>July 2017</td>
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</tbody>
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| **Perspectives:** | Physician, nurse practitioner, nurse, social worker, clergy, chaplain, community, paramedic, lawyer, higher education, CEO |

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Vision

To create a culture across ND where the health care choices a person makes become the health care the person receives.

Mission

To assist communities in developing a successful advance care planning process.
Honoring Choices North Dakota® Objectives

- **Objective 1:** Promote advance care planning through community and professional outreach and education.
- **Objective 2:** Promote standardization of advance care planning.
- **Objective 3:** Establish base of financial support.
Advance Care Planning: And You

- Have a conversation with your loved ones. 
  *The Conversation Project*

- Join Honoring Choices North Dakota® – today!

- Spread the word about Honoring Choices North Dakota in your organization – your community.

- Contact Sally May regarding interest in a particular objective.

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Honoring Choices North Dakota®: The Conversation

The conversation isn’t about dying . . . Rather it’s about how you want to live until you die.
Contact Information

Sally May, RN, BSN, CH-GCN
Honoring Choices North Dakota®
Program Coordinator
Quality Health Associates of North Dakota
41 36th Ave. N.W.
Minot, ND 58703
Phone: (701) 989-6228
Fax: (701) 857-9755
Email: smay@qualityhealthnd.org
Or sally.may@honoringchoicesnd.org

Join the effort!