



ADVANCE CARE PLAN DOCUMENT

In keeping with the mission and values of the BayCare Health System, we believe that each person should be treated with dignity and respect as they pursue the goals of healing, health maintenance and compassionate care.

Our hope is that this advance directive encourages communication and informed decision making about end-of-life medical treatment choices. Adequate control of pain and suffering, comfort care and access to hospice services are the right of every individual. Doctors have learned that it may be futile and painful to keep some individuals alive at all costs and by every known method.

Every adult has the right to an advance directive as a means of voicing his or her wishes for care and treatment at the end of life. Florida law requires that a patient's end-of-life directions, if clearly expressed, should be followed when the person does not have reasonable medical probability of recovery, has a terminal condition, an end-stage condition or is in a persistent vegetative state.

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- Every competent American adult has the legal right to control his or her own health care decisions and to accept or refuse any medical treatment. An Advance Care Plan is a legal document that allows me to make my choices known in advance for receiving medical treatment if I should later become unable to express my choices for health care treatment.
- These will be followed ONLY when I have an illness or condition listed within this document.
- If you request that resuscitation (CPR) not be attempted outside the hospital, Florida requires a special form (DH Form 1896). If you live outside Florida, check with your state to find out if special forms are required.

Illness/Conditions from Which There is Little or No Reasonable Chance of Recovery

Use the following list as a reference when answering the questions on the next page.

- **End-Stage Disease:** I have progressed toward final stages of life in spite of full treatment, or my vital organs are damaged beyond adequate function and cannot be replaced with transplantation (examples are widespread cancer that cannot be helped with treatment or severely damaged heart or lungs that causes a feeling of severe suffocation with any activity, despite oxygen treatment).
- **Permanent Unconscious State (Permanent Vegetative State):** I have been, and continue to be, totally unaware with no reasonable chance of ever waking up (such as after brain damage caused by loss of blood or oxygen to the brain or head injury).
- **Permanent Confusion:** I am unable to remember, understand or make decisions. I do not recognize my loved ones and/or I am unable to have a clear conversation with them (an example is end-stage Alzheimer's or dementia).
- **Total Dependence:** I am unable to talk clearly or move by myself. I depend on others for feeding and hygiene and I am unable to communicate. My condition cannot be helped by rehabilitation or any other means (an example is severe stroke with paralysis and loss of speech).

Treatment Choices Which Attempt to Prolong Life

Choosing "No" on the chart appearing on the following page means I have chosen to let death take its course naturally without medical interference. Treatment to relieve pain and suffering will continue.

- **CPR (Cardiopulmonary Resuscitation):** To attempt to make my heart beat again after it has stopped and to make me start breathing after breathing has stopped, usually involving electric shock to the chest, repeated chest compression, placement of a breathing tube in the throat and use of a breathing machine.
- **Life support:** The use of machines to do the job of failed organs, typically in a hospital critical care unit.
- **Surgery, lab studies, blood transfusion, antibiotics, etc.:** These are tests and treatments to diagnose and treat specific conditions. When I have no reasonable chance of recovery, such tests and treatments offer no benefit and may prolong unnecessary suffering and interfere with dying naturally.
- **Tube feeding:** When I have no reasonable chance of recovery and I cannot swallow, use of tubes to deliver artificial nutrition and hydration to my stomach or into my vein provides no comfort, but may unnecessarily prolong my suffering.

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I _____ want to choose how I will be treated during the last days of my life. I request to be given medical treatment fully sufficient to prevent unnecessary suffering, including pain, suffocation, and emotional and psychological stress. When I can no longer make my own health care choices, I direct my physician(s), other health care providers and my health care surrogate(s) to follow the advance directives of this document. My choices about treatments for four conditions that have little or no chance of recovery are:

Treatment Choices for Conditions that Have Little or No Chance of Recovery

*Checking "Yes" means I WANT the treatment for the condition listed.
Checking "No" means I DO NOT WANT treatment for the condition listed.*

<u>Illnesses/Conditions</u>	CPR Heart/Lung Resuscitation		Life Support (by machines)		Surgery/Blood/Antibiotics/Lab Studies		Tube Feeding by Vein or Stomach	
End-Stage Disease:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Permanent Unconscious State:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Permanent Confusion:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Total Dependence:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Other Instructions: _____

Should I meet medical criteria, I do _____ I do not _____ wish to donate my organs and/or tissues for the benefit of others.

Choice of Surrogate for Health Care Affairs

When I am unable to express my own choices or provide consent to withhold or discontinue life-prolonging medical treatment, I appoint the following person(s) to make treatment choices for me consistent with the spirit of this document and my previously expressed choices:

Designate _____
Tel. No. (_____) _____ Address _____

Alternate *(if Designate not available)* _____
Tel. No. (_____) _____ Address _____

I hereby hold harmless my physicians and any other health care providers who render care or withhold treatment from me in good faith, if they reasonably believe such action(s) is/are consistent with my wishes. I further request that my family and anyone acting on my behalf follow my wishes and directives and take whatever steps are necessary, including legal action, to ensure that my wishes and directives are carried out. I direct my Power of Attorney or Trustee holding funds on my behalf to make such funds available to my health care surrogate or anyone acting on my behalf to ensure that my wishes, as expressed herein, are carried out.

Print Your Name _____ **Signature** _____
Social Security No. _____-_____-_____ Tel. No. (_____) _____ Date _____
Address _____

Witness: Print Name _____ **Signature** _____
Address _____

Witness: Print Name _____ **Signature** _____
Address _____

(Health care surrogates may NOT serve as witness to this document. One witness should NOT be your spouse or blood relative.)

WHAT TO DO WITH THIS ADVANCE CARE PLAN DOCUMENT

- Always keep your original document. Put it with personal files where it is accessible to others.
- Give a copy to your physician(s).
- Take a copy to the hospital each and every time you are admitted.
- Give a copy to your designated Health Care Surrogate, explain the meaning and purpose of your Advance Care Plan, and have an in-depth discussion about your goals of care and wishes at end-of-life.
- Tell your closest relatives what is in your Advance Care Plan document.
- Give a copy to your spiritual leader.
- If you have a pre-existing Living Will or Advance Care Plan, destroy the old document and any existing copies and give copies of your new document to the individuals mentioned above.
- Some states require an additional state form to be completed if you do not want cardiopulmonary resuscitation (CPR) attempted. You should check with your health care provider or state health officials to find out if your state requires an additional form to prevent CPR (Do Not Resuscitate Form or “DNR” form).
- If you feel this document is useful to you, share the idea with friends and relatives and refer them to Project GRACE for further information and their own Advance Care Plan.



Project GRACE

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