

Confident Conversations: Discussing End-of- Life Health Care Issues

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Why is this important?

How is being confident in this conversation a gift?

Advanced Care Planning for Health Care Decisions

- When to begin planning
- How to begin the conversation



What is an Advanced Directive?

- It is a legal document explaining your choices for medical services if you cannot make the decision yourself
- Different types of Advanced Directives:
 - Living Will
 - Durable Power of Attorney for Health Care Decisions
 - TPOPP/POLST



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Life-sustaining Treatment Decisions

- Intubation
- Chest Compressions
- IV Hydration & Nutrition
- DNR vs. AND (Allow Natural Death)
- Stopping Treatment (dialysis, chemo)



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How can the lack of this information impact the family?

- Indecision & avoidance
- Prolong symptoms
- Miss out on meaningful moments
- Family conflict
- Financial burden
- Increased fear and anxiety





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Resources to help with having confident conversations:

- Caring Conversations
www.practicalbioethics.org/featured-resources/caring-conversations/
- Five Wishes www.fivewishes.org
- Transportable Physician Orders for Patient Preferences (TPOPP/POLST)
www.practicalbioethics.org/programs
- Advanced Directive Form
www.caringinfo.org/planning/advance-directives/by-state/



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Pre-planning Funeral Arrangements

- Pre-pay services
- Type of service desired
- Organ donor
- Donation for medical Research
- Obituary



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Confident Conversations are Important Gifts

- Makes your wishes or your loved ones wishes know
- Reduces conflict
- Leaves room for what matters most

Questions?

Additional Resources and Presentation

KCHospice.org/confidentconversations

