



ADVANCE CARE PLANNING: 5 QUESTIONS TO ASK (PLUS MORE)

Throughout April, *Monday Report* has focused on advance healthcare planning – ensuring that your wishes about how you want to be cared for in the event you become seriously ill are known and carried out.

While there are many moving parts to such planning, [Honoring Choices Massachusetts](#) has come up with a handy, concise card containing five topics you should be discussing with your doctor, and five topics he or she should be talking about with you. Try these out next time you go in for your annual physical:

- I'd like to understand more about my health or illness and treatment options.
- I want to discuss my goals and explore the care I want and do not want.
- Let's discuss my care plan and writing down my choices in planning documents.
- I'd like to make sure you know my choices and that my medical record is up-to-date.
- I'd like to make sure my care providers honor my choices all through my life.

Conversely, this is how your care provider might approach the dialogue:

- Let's talk about your understanding of your health or illness and treatment options.
- Let's discuss your goals and explore the care you want and do not want.
- Let's discuss your care plan and writing down your choices in planning documents.
- Let's be sure I know your choices and that your medical record is up-to-date.
- Let's be sure your care providers can honor your choices all through your life.

Honoring Choices includes subtopics under each of the five points.

What Hospitals are Doing

The Massachusetts hospital community continues to promote to patients and staff the issue of advance care planning.

Seventy percent of hospitals responding to a recent MHA survey indicated that they have some sort of process or policy in place for advance care planning, with many indicating that they present patients with relevant forms upon admission. Hospitals also said they provide some

sort of training to their staff on advance care planning, with the responsibility for having the discussion with patients pretty evenly divvied up between M.D.s, nurses, case managers, and social workers. MHA will continue to work with hospitals to assist staff on best practices for conducting periodic training as well as to review the development of standardized education publications.

Important Upcoming Advance Care Planning Resources

The **Massachusetts Coalition for Serious Illness Care**, of which MHA is a member, is holding its second annual coalition summit on Tuesday, May 9 from 10 a.m. to 2 p.m. at the John F. Kennedy Presidential Library and Museum in Boston. To register for this summit, [please visit here](#).

MHA is hosting a webinar on how to help hospital/health system employees with advance care planning. It takes place on Wednesday, May 17 from 11 a.m. to 12:30 p.m. To register for this webinar, [please visit here](#).

John LoDico, Editor

Find MHA on:



Massachusetts Health & Hospital Association

500 District Ave., Burlington, MA 01803
Phone - (781) 262-6000



If you would prefer to no longer receive *Monday Report*, please opt-out [here](#).

Click here to [unsubscribe](#) from all future MHA email communications.
You are receiving this email because you are a member or colleague of MHA.