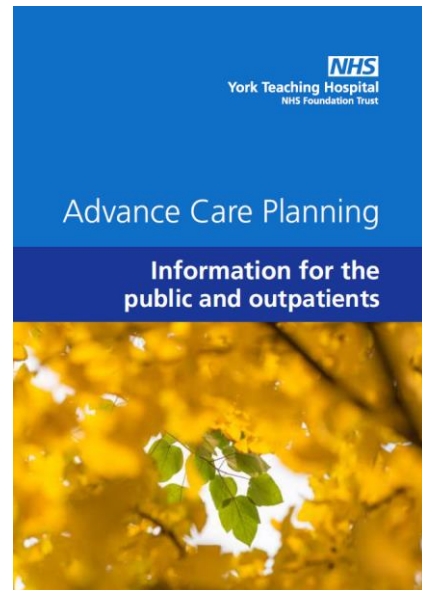


## Five minute training

### What is advance care planning?

Advance care planning (ACP) describes the process of helping a patient to consider the **type of care** they would wish to receive and **where they wish to be cared for**, in case they lose capacity or are unable to express a preference in the future. Nobody has to complete one, but everybody deserves the chance to do so, if they wish.



An ACP conversation can include any aspect of a person's future care, such as:

How they wish to be cared for

Where they wish to be cared for

Any treatments they might wish to avoid

Any religious or spiritual beliefs they hold

What is important in their daily life e.g. sleeping with the light on, showers not baths, fresh air etc.

Who to involve in decision-making, if required

Any practical matters, such as the care of a pet

All these areas do not have to be covered in one conversation; every small piece of information you can add to a patient's advance care plan is hugely important and can make a very valuable difference to their experience at the end of their life.

### What are the benefits of ACP?

Makes it more likely that the individual will get the care they want

Makes it easier for those important to them

Gives confidence to the healthcare professionals that they are delivering the desired care for that person

Facilitates planning, teamwork and coordinated care amongst healthcare professionals

Can prevent unnecessary admissions and treatments

### **When should ACP happen?**

An ACP conversation can happen at any time, however, there are some events that can help to trigger this:

Diagnosis of a serious illness

A change in treatment

Multiple hospital admissions

The earlier somebody starts their ACP, the greater the likelihood that their wishes can be fulfilled.

### **How can an ACP conversation be started?**

You may recognise **verbal/non-verbal cues** that a patient is ready to engage in ACP.

These can include:

A patient seeming worried about the future

A patient asking questions which relate to their future

Below are a number of **tried and tested prompts** from our own trust staff, for opening an ACP discussion:

How do you see the future and is there anything worrying you about that?

If you weren't as well, what would you like to happen and who would you like to care for you?

What elements of care are important to you?

If you were ever not able to tell us what you want, who would you like us to involve?

We want to make sure we get things right for you in the future...how do you feel about...?

What's important to you at your stage of life?

Are there any aspects of your future care that you would like to avoid? (consider DNACPR)

**Further useful tips...**

Stress that the individual has the freedom to change their mind at any point, and that the ACP should be regularly reviewed.

Try to find a quiet environment to talk in

Allow for pauses – this gives the person space to think and speak at their own pace

Be empathetic and acknowledge what you are noticing or hearing ‘I can see you are very upset by this...’ This is an effective way to open up a conversation and enable the person to say more about thoughts and feelings.

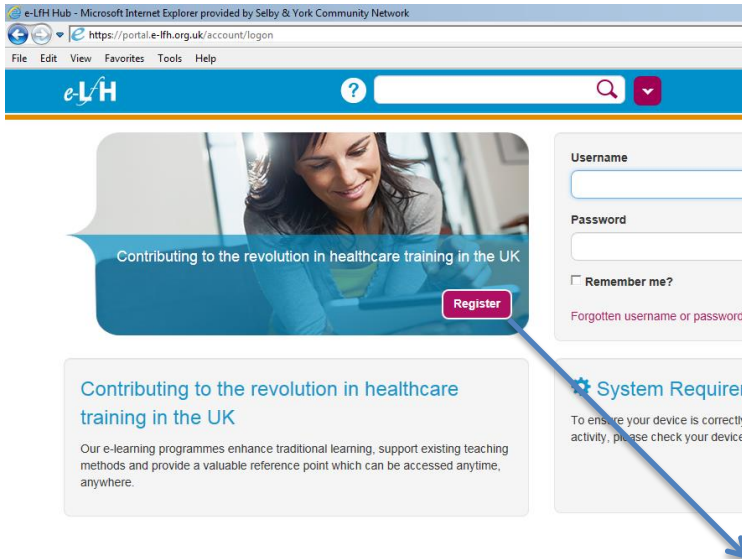
Take opportunities to summarise as the conversation progresses – use their words to check you have heard everything, then paraphrase to check you have understood everything

Introduce the idea of writing down their wishes at the end

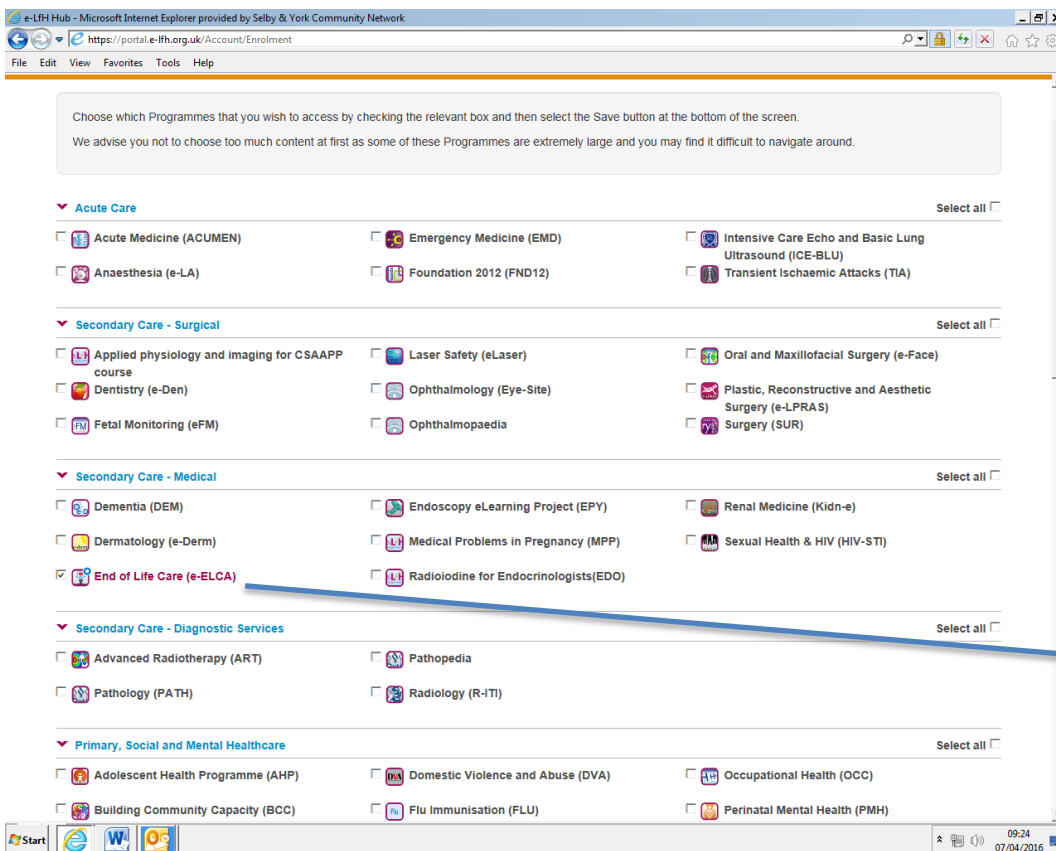
Encourage the patient to share their advance care plan with those important to them

**Please use this link and follow the steps below if you would like more in-depth training:**

<https://portal.e-lfh.org.uk/>



Register on this site as your job role (professionals will need their professional body number + password)



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  - Audiology (AUD)
  - Avoiding Term Admissions Into Neonatal units (ATA)
  - BeaGP GP Pre-speciality Teaching
  - Blood Transfusion (Blood)
  - Breaking Down the Barriers (BDBTB)

- Introduction
- Advance Care Planning**
- Assessment
- Communications skills
- Symptom management, comfort and well being

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- 01\_01 Introduction to principles of APC  
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