

Basic Certificate in Palliative Care
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Week-12
Lecture 05: Advance Directive

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I will continue with the advanced directive prepared by Dr. Piyush Gupta, Secretary National Association of Palliative Care for AYUSH and Integrative Medicine.

What is advanced directive relating to living will, medical decisions, health care wishes and health care power of attorney. These four components are carried in the advanced directives.

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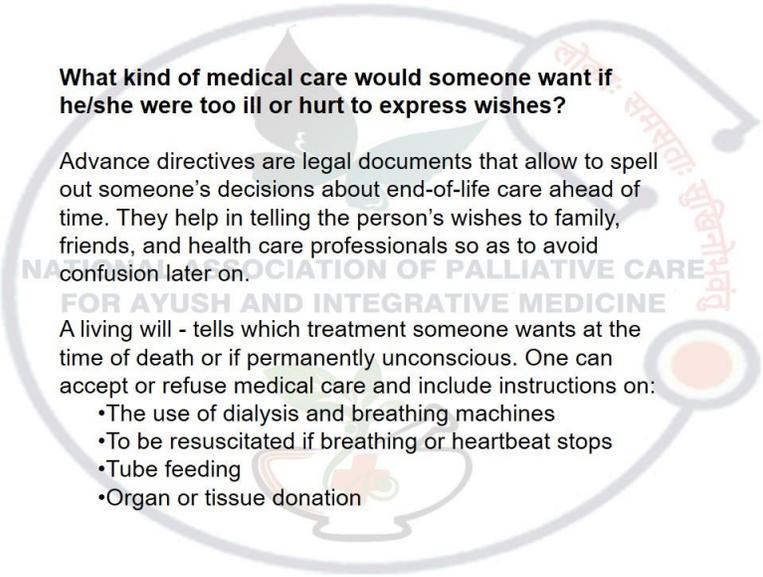
Advance Directives or Living Will

- Is a durable power of attorney for health care (sometimes known as the medical power of attorney, a document that health care proxy.
- Proxy is a trustworthy person authorized to make health decisions if anyone is unable to do so.
- Before creating an advance directive, people should talk to their loved ones and at least one person who may be chosen as proxy decision-maker). Telling them about their situation, wishes and are the ones who will help putting wishes into effect if someone
- Additionally, while filling the advance directive, the health care help.

It is a durable power of attorney for health care sometimes known as a medical power of attorney, a document that names health care proxy. Proxy is a trustworthy person authorized to make health decisions if anyone is unable to do so.

Before creating an advanced directive, people should talk to their health care provider, loved ones and at least one person who may be chosen as proxy or agent, substitute decision maker telling them about their situation, wishes and fears because these are the ones who will help putting wishes into effect if someone is unable to do so. Additionally, while filling the advanced directive, the health care team might be able to help.

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What kind of medical care would someone want if he/she were too ill or hurt to express wishes?

Advance directives are legal documents that allow to spell out someone's decisions about end-of-life care ahead of time. They help in telling the person's wishes to family, friends, and health care professionals so as to avoid confusion later on.

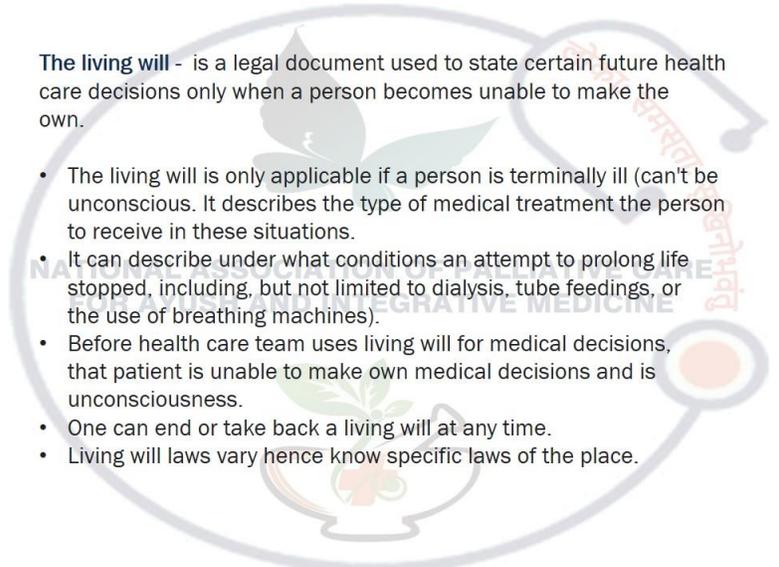
A living will - tells which treatment someone wants at the time of death or if permanently unconscious. One can accept or refuse medical care and include instructions on:

- The use of dialysis and breathing machines
- To be resuscitated if breathing or heartbeat stops
- Tube feeding
- Organ or tissue donation

What kind of medical care would someone want if he or she were too ill or hurt to express wishes? Advanced directives are legal documents that allow to spell out someone's decisions about end of life care ahead of time. They help in telling the person's wishes to family, friends and health care professionals so as to avoid confusion later on.

A living will tells which treatment someone wants at the time of death or if permanently unconscious. One can accept or refuse medical care and include instructions on the use of dialysis and breathing machines to be resuscitated if breathing or heartbeat stops to feeding, organ or tissue donation.

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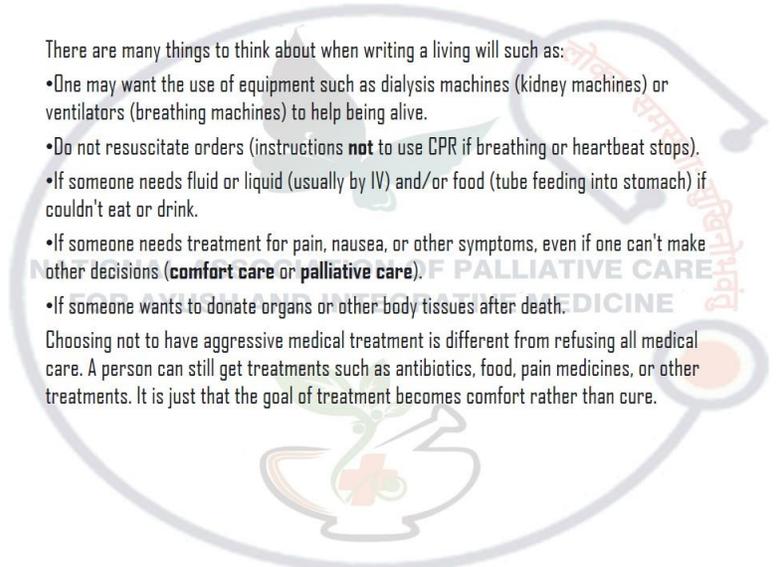
The living will - is a legal document used to state certain future health care decisions only when a person becomes unable to make the own.

- The living will is only applicable if a person is terminally ill (can't be unconscious. It describes the type of medical treatment the person to receive in these situations.
- It can describe under what conditions an attempt to prolong life stopped, including, but not limited to dialysis, tube feedings, or the use of breathing machines).
- Before health care team uses living will for medical decisions, that patient is unable to make own medical decisions and is unconsciousness.
- One can end or take back a living will at any time.
- Living will laws vary hence know specific laws of the place.

The living will is a legal document used to state certain future health care decisions only when a person becomes unable to make the decisions and choices on their own. The living will is only applicable if a person is terminally ill, can't be cured or permanently unconscious. It describes the type of medical treatment the person would want or not want to receive in their situations.

It can describe under what conditions an attempt to prolong life should be started or stopped, including but not limited to dialysis, tube feedings or actual life support such as the use of breathing machines. Before health care team uses living will for medical decisions, physicians must confirm that patient is unable to make own medical decisions and is terminally ill or permanently unconscious. One can end or take back a living will at any time. Living will laws vary hence no specific laws of the place.

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There are many things to think about when writing a living will such as:

- One may want the use of equipment such as dialysis machines (kidney machines) or ventilators (breathing machines) to help being alive.
- Do not resuscitate orders (instructions **not** to use CPR if breathing or heartbeat stops).
- If someone needs fluid or liquid (usually by IV) and/or food (tube feeding into stomach) if couldn't eat or drink.
- If someone needs treatment for pain, nausea, or other symptoms, even if one can't make other decisions (**comfort care** or **palliative care**).
- If someone wants to donate organs or other body tissues after death.

Choosing not to have aggressive medical treatment is different from refusing all medical care. A person can still get treatments such as antibiotics, food, pain medicines, or other treatments. It is just that the goal of treatment becomes comfort rather than cure.

There are many things to think about when writing a living will such as one may want the use of equipment such as dialysis machines for kidney machines or ventilators, breathing machines to help being alive.

Do not resuscitate orders, instructions not to use CPR if breathing or heart beat stops. If someone needs fluid or liquid usually by IV and or foot to feeding in the stomach if couldn't eat or drink. Someone needs treatment for pain, nausea or other symptoms even if one can't make other decisions like comfort or care or palliative care. Someone wants to donate organs or other body tissues after death. Choosing not to have aggressive medical treatment is different from refusing all medical care.

A person can still get treatments such as antibiotics, food, pain medicines or other treatments. It is just that the goal of treatment becomes comfort rather than cure.

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Durable power of attorney for health care/Medical power of attorney

- It is a legal document in which a person is named as proxy (agent) to decisions if someone is unable to do so.
- Before it is used to guide medical decisions, a person's physician must be unable to make own medical decisions.
- If someone is unable to make own health care decisions, his proxy/ health care team and other caregivers on behalf and make decisions or directions given earlier. If wishes in a certain situation are not known, the proxy will make a decision what he/she thinks one would want.
- If anyone regains the ability to make own medical decisions, then proxy medical decisions on his behalf.
- Proxy/ agent should be well known and trustworthy so as to carry out asking questions and advocate to health care team on someone's behalf.
- Durable power of attorney laws may vary hence your state laws.

Durable power of attorney for health care or medical power of attorney. It is a legal document in which a person is named as proxy or agent. To make all health care decisions if someone is unable to do so.

Before it is used to guide medical decisions, a person's physician must certify that the person is unable to make own medical decisions. If someone is unable to make own health care decisions, his proxy or agent can speak with health care team and other caregivers on behalf and make decisions according to the wishes or directions given earlier. If wishes in a certain situation are not known, the proxy will make a decision what he or she thinks one would want. If anyone regains the ability to make own medical decisions, then proxy can't continue to make medical decisions on his behalf. Proxy or agent should be well known and trustworthy so as to carry out wishes and should asking questions and advocate to health care team on someone's behalf. Durable power of attorney laws may vary hence your state laws.

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POLST (Physician Orders for Life-Sustaining Treatment)

- A POLST form also helps describe wishes for health care, but it is directive. It has a set of specific medical orders that a seriously ill ask their health care provider to sign. A POLST form addresses such as use of CPR (cardiopulmonary resuscitation) in an hospital in an emergency and put on a breathing machine if made comfortable.
- A POLST form has to be signed by a qualified member of health
- Emergency personnel, like paramedics and EMTs (Emergency Technicians) **can't** use an advance directive, but they **can** use a POLST form, emergency personnel are **required** to provide every help keep someone alive.
- POLST forms are only available in some states.

POLST, physician orders for life sustaining treatment. A POLST form also helps describe wishes for health care but it is not an advanced directive. It has a set of specific medical orders that a seriously ill person can fill in and ask their health care provider to sign. A POLST form addresses wishes in an emergency such as use of CPR, cardiopulmonary resuscitation, in an emergency or to go to a hospital in an emergency and put on a breathing machine if necessary or stay and be made comfortable.

A POLST form has to be signed by a qualified member of health care team such as doctor. Emergency personnel like paramedics and EMTs, emergency medical technicians can't use an advanced directive but they can use a POLST form. Without a POLST form, emergency personnel are required to provide every possible treatment to help keep someone alive. POLST forms are only available in some states.

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Do not resuscitate (DNR) orders

Resuscitation means try to re-start heart and breathing using methods (cardiopulmonary resuscitation) and AED (automated external defibrillator) they may also use life-sustaining devices such as breathing machines.

- **In the hospital** - A Do Not Resuscitate or DNR order means that if breathing or heart stops, nothing will be done to try to keep alive. In the hospital, one can ask doctor to add a DNR order to medical record only if patient don't want the hospital staff to try to revive if heart or breathing stopped. Some hospitals require a new DNR order at the time of admission. DNR order is only good in the hospital. little different.
- **Outside the hospital** - A wallet card, bracelet, or other DNR documents can be kept at home. The non-hospital DNR is intended for the emergency medical service or EMS teams. In absence of a valid and visible DNR order, the EMS teams are required to revive and prolong life. A non-hospital DNR must be signed by both the patient and the health care provider.

Do not resuscitate or DNR orders. Resuscitation means try to restart heart and breathing using methods such as CPR, cardiopulmonary resuscitation and AED, automated external defibrillator. In some cases, they may also use life sustaining devices such as breathing machines. In the hospital, a do not resuscitate or DNR order means that if breathing or heart stops, nothing will be done to try to keep alive. In the hospital, one can ask doctor to add a DNR order to medical record only if patient don't want the hospital staff to try to revive if heart or breathing stopped. Some hospitals require a new DNR order at the time of admission.

DNR order is only good in the hospital. Outside the hospital, it is a little different. Outside the hospital, a wallet card, bracelet or other DNR documents can be kept at home. The non-hospital DNR is intended for the emergency medical service or EMS teams. In the absence of a valid and visible DNR order, the EMS teams are required to revive and prolong life. A non-hospital DNR must be signed by both the patient and the healthcare provider.

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Organ and tissue donation

- Organ and tissue donation can be included directives.
- Many states also provide organ donor notations to driver's license.

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Organ and tissue donation. Organ and tissue donation can be included in advance directives. Many states also provide organ donor cards or add notations to driver's license.

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References & further reading:

- *American Cancer Society*. <https://www.cancer.org/>
- *American Hospital Association (AHA)*. <https://www.aha.org/>
- *Cancer.net* <https://www.cancer.net/>
- *National Cancer Institute (NCI)*. <https://www.cancer.gov/about-cancer/managing-care/advance-directives>
- *National Institute on Aging (NIA)*. <https://www.nia.nih.gov/health/advance-care-planning-healthcare-directives>

These are the references and further reading. American Cancer Society, www.cancer.org., American Hospital Association, AHA.org., Cancer Net, National Cancer Institute, NCI, National Institute on Aging. Thank you.