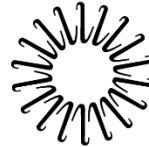


# ADVANCE DIRECTIVES



**Lifespan Cardiovascular Institute**

**Rhode Island Hospital • The Miriam Hospital  
Newport Hospital**

*Delivering health with care.®*

**The Center for Cardiac Fitness  
Cardiac Rehab Program  
The Miriam Hospital**

# ADVANCE DIRECTIVES

Tells your doctor what kind of care you would like to have if you become unable to make medical decisions (e.g., coma).

# IMPORTANT COMPONENTS

- Specifies treatments that you do want
- Specifies treatments that you do not want
- Helps your family and providers to know your wishes ahead of time

# TYPES OF DOCUMENTS

- Living Wills
- Health Care Proxy
  - (Durable Power of Attorney)
- DNR Orders

# LIVING WILLS

- Describes the type of treatments you want in certain situations
- Withhold or withdrawing of care
- Does NOT give decision making responsibility to a specific person
- Limited in scope
- Easily revoked by patient

# HEALTH CARE PROXY / DPA

- Specifies who you have selected to make health care decisions
- Active as soon as unable to make decisions
- Permits you to specify guidelines and limitations
- Flexible to changing circumstances
- Easily revoked by patient

# **COMMONLY USED LIFE-SUPPORT MEASURES**

- CPR and/or Defibrillation
- Mechanical Ventilation
- Artificial Nutrition and Hydration

# WHAT TO DO WITH DOCUMENTS

- Person designated as Health Care Proxy
- Children
- Physician/Hospital
- “ICE” – mobile phone
- Glove compartment of car
- Electronic copies



# IMPORTANT CONSIDERATIONS

- Choosing the Health Care Proxy
- Religious/Spiritual beliefs
- Organ/Tissue donation
- If have an implantable defibrillator (ICD), shock deactivation

# WHY SHOULD YOU DO IT?

- Only way to ensure your wishes are followed
- Helps your family to make decisions
- Hospital policies may rule if family disagree

# HOW DO YOU DO IT?

- Talk with attorney
- Internet
- Ask at medical appointment/upon admission to hospital

# Palliative Care

- Not just for end of life
- Can help provide comfort and control over painful symptoms
- Helps to prevent, minimize, or eliminate distress and improve quality of life

# Example of Internet Site:

- Caring Connections (National Hospice and Palliative Care Organization):

[www.caringinfo.org](http://www.caringinfo.org)

- Rhode Island Advanced Directives:

<http://www.caringinfo.org/files/public/ad/RhodeIsland.pdf>

- Massachusetts Advanced Directives:

<http://www.caringinfo.org/files/public/ad/Massachusetts.pdf>

# **3 KEY POINTS**

- **Put your decisions in writing**
- **Talk to your family members and health care providers about your decisions**
- **Have papers accessible**