

Advance Care Planning: What Every Nurse Should Know

Nurses are often the ones British Columbians go to when they have questions around advance care planning. ARNBC encourages all nurses to be familiar with the basics of advance care planning.

What is advance care planning?

Advance care planning is a process of thinking about and sharing one's beliefs, values and wishes for future health and personal care.

Why should nurses care?

Advance care planning helps us understand:

- What is important to patients
- Who the patient wants to make health care decisions for them
- What health care treatments patients would and would not want

How Can You Help Patients, Families and Caregivers?

Encourage patients to:



Start conversations about their beliefs, values and wishes for future health and personal care with loved ones and health care providers



Share and record their beliefs, values and wishes for future health care treatment



Identify a Temporary Substitute Decision Maker and decide if a Representation Agreement is needed

**Remember, we work in teams! If you are unsure, consult and refer patients to other members of the health care team!*

An advance care plan is a written summary of an individual's wishes or instructions that they provide to their substitute decision maker in case they are unable to speak for themselves.

An Advance Care Plan can include:

A Representation Agreement:

An individual is named to make health and personal decisions, based on the patient's instructions, in the case that the patient becomes incapable.

There are two types:

a. Section 7 Representation Agreement:

- Personal care decisions
- Decisions to refuse life-support or life prolonging medical interventions
- Other health care treatment decisions
- Routine management of financial affairs

b. Section 9* Representation Agreement:

- Personal care decisions
- Health care treatments
- Decisions to accept/refuse life-support and life-prolonging medical interventions
- Financial decisions

**Individuals must be capable to make a Section 9 Representation Agreement.*

Advance Directive:

A patient's instructions for health care. This outlines decisions about accepting or refusing specific health care treatments, including life support and life-prolonging medical interventions.



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