Conversations & Honoring Choices

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Today’s Objectives

- Introduce Honoring Choices® Idaho
  --Framework, successes, goals--
- Discuss opportunities for collaboration
Honoring Choices® Idaho Structure

Coordinated, consistent advance care planning
Honoring Choices® Idaho Teams
(as of 2019)

Inpatient
Family Medicine
Internal Medicine
Employee Wellness
Cardiac Rehab
Faith

Community
Chaplaincy
Cancer Clinic
Hospice
Home Health
Palliative Care
Data: Current State of ACP in Idaho

People in Idaho have strong preferences about their own end-of-life care

- 93% say it is important that they are able to stay in their own home
- 72% are concerned they will experience a financial burden paying healthcare
- 79% say it is very important to not be a physical burden to loved one

People in Idaho want to be involved in making decisions about their own death...

- 94% would want to know if they had a serious illness
- 95% say it is important to be able to understand treatment options
- 97% say it is important to be able to choose treatment options

* Idaho End-of-Life Personal Preferences Survey 2018, Boise State University
Data: Current State of ACP in Idaho

Who would you trust to provide information on EOL issues?

- Family: 69%
- Friends: 24%
- Lawyer/Estate Planner: 31%
- Primary Care Physician/MD Specialist: 78%
- Spouse/Partner: 68%

Only 14% had conversations with health care provider.

* Idaho End-of-Life Personal Preferences Survey 2018, Boise State University
Person-Centered Advance Care Planning

**Early ACP**
- What If?
  - All adults, early and regularly

**Serious Illness Conversations**
- What now?
  - Individuals with advanced illness, complications, frequent encounters

**End-of-Life Planning**
- What matters most?
  - Individuals whom it would not be a surprise if they died in the next 12 months
Conversations are Needed: A new workflow to support Advance Care Planning

Think
What matters to you?

Discuss
Include your decision maker

Document
Advance Directive

Share
Plans are available when & where needed
## LaCrosse Study

- Results of ACP program created in 1991-1993
- ACP program focused on
  - **Prevalence**
  - **Availability**
  - **Consistency**

<table>
<thead>
<tr>
<th></th>
<th>Study 1* Data collected in 1995/1996 N=540</th>
<th>Study 2** Data collected in 2007/2008 N=400</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decedents with ADs</td>
<td>459 (85%)</td>
<td>360 (90%)</td>
<td>.023</td>
</tr>
<tr>
<td>ADs found in the medical record where the person died</td>
<td>437 (95.2%)</td>
<td>358 (99.4%)</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>Treatment decisions found consistent with instructions</td>
<td>98%</td>
<td>99.5%</td>
<td>0.13</td>
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Support: Honoring Choices® Idaho Tools/Infrastructure

Education Guides

Advance Directive

- HCI provides training for healthcare and community based-organizations:
  - Develop sustainable ACP Program
  - Train Facilitators
ACP Facilitators: Guided, person-centered conversations
A Facilitated Conversation: Helps people with three decisions

#1. Choose a health care agent
#2. Explore values and beliefs important to you
#3. Explore your goals for medical care
Honoring Choices® Idaho Conversations Data

Average Percentages
Dec '17 - Jan '19
HCI All Sites

- Average % conversations including a health care agent
- Average % of conversations resulting in ACP document
- Average of % of ACP documents in EMR
Advance Care Planning (ACP)

To be effective, this includes:

- Reflection on goals, values and beliefs
- Understanding of possible future decisions
- Discussion with identified health care agents

A written, legal document

Who: Durable Power of Attorney for Health Care

Identify a health care agent (person you would want to communicate your health care decisions if you are unable to communicate for yourself)

What: Living Will

Identify your goals, values and preferences for future health care decisions
Terminology Review: Continued

**Federal guidelines: POST is NOT an Advance Directive**
Honoring Choices® Idaho has an Opportunity:

Work with Long Term Care/ Skilled Nursing Facilities to help integrate evidence-based practices in advance care planning
Thank you! Please let me know if you have questions.

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