

# Advance Directives: Challenges and Opportunities

## PART 5 OF "MAKING THE JOURNEY EASIER: A SERIES FOR PROFESSIONALS ASSISTING PATIENTS AND FAMILIES WITH END-OF-LIFE ISSUES"

*Do you know why advance directives often do not achieve the goals intended?*

*Do you know what you can do to make the process work better?*

*Did you know that many people confuse advance directives with "do not resuscitate" orders?*

*Do you sometimes find that people are reluctant to talk about advance directives?*

*Would you like to learn how to make the subject more palatable?*

*Do you fully understand the implications of all the clauses in the current Maryland directive and some popular alternatives?*

*Are you comfortable guiding patients and families through the conversations that are necessary to make advance planning work?*

If you would like to learn more about this important topic, one that is relevant to everyone both in their professional and personal lives, attend this training session!

Most people hope to avoid a long period of pain and suffering at the end of their lives. Most would prefer that their last days be spent at home, instead of in a hospital getting aggressive treatments that only serve to prolong the dying process. But many people who execute an advance directive thinking that it will protect them from unwanted treatments near the end of life do not get their wishes honored. There are many things that we as professionals, and as individuals, can do to improve this process. The goal of this session is to improve end of life care by empowering attendees to guide patients and families through a meaningful advance planning process.

### Learning Objectives:

- Participants will be able to distinguish between various types of advance directives.
- Participants will understand why typical advance directives often fail to work as intended.
- Participants will understand the differences between an advance directive, a "Do Not Resuscitate" order, and the Maryland "Instructions on Current Life-Sustaining Treatment" form, and the utility of each.
- Participants will know the specifics about various advance directive forms often encountered locally.
- Participants will feel comfortable approaching patients and family members about advance planning.
- Participants will be able to guide patients through the process of creating a suitable document.
- Participants will learn specific methods to engage families in the conversations that are necessary to make advance directives work.
- Participants will be able to identify resources helpful to families in the advance planning process.

**Wednesday, November 12, 2008**

**Council Office Building**

**9:00-12:30**

**COURSE NUMBER 24731**

**Speaker: Barbara Blaylock, M.D.**

**Retired Internist, Health Care Advocate and Educator**

CEUs: 3.5 Category: I  
\*Holy Cross Hospital is co-sponsoring this session and providing MNA approved CEUs for nurses attending the program. This activity has been approved for 3.5 contact hours by the Maryland Nurses Association, which is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.