

# FOR NURSES: ADVANCE CARE PLANNING DURING COVID-19

Advance Care Planning is an ongoing process of thinking about and sharing wishes for future health and personal care. This brief tool can be used by healthcare providers to review what is important to people.

Another tool for communication is Serious Illness Conversation Guide- Adapted.

This is meant for people with serious illness and palliative care needs	
<b>General Communication about COVID-19</b>	<p>The worry about COVID-19 is real for everyone, and talking about preferences gives people a sense of control over the unknown.</p> <p>Other communication for nurses talking about COVID-19 (at any stage from screening to death) can be found here:  <a href="https://www.vitaltalk.org/guides/covid-19-communication-skills/">https://www.vitaltalk.org/guides/covid-19-communication-skills/</a>  <b>CALMER</b> approach can be used when pre-planning, not during crisis mode.</p>
<b>Check in</b>	<p>You: Take a deep breath</p> <p><b>Ask:</b> "How are you doing with all this?" (Take their emotional temperature.)</p> <p><b>State:</b> "Being prepared for the future is important; just as we prepare for fishing, hunting, ceremony and travel, we should prepare for future health care.</p> <p><b>Ask:</b> Is this OK with you?"</p>
<b>Ask about COVID-19</b>	<p><b>Ask:</b> "What have you been thinking about COVID-19 and your situation?" (Just listen)</p>
<b>Lay out issues</b>	<p><b>Ask:</b> "Here is something I want us to be prepared for." / "You mentioned COVID-19. I agree."</p> <p><b>Ask:</b> "Is there anything you want us to know if you got COVID-19 / if your COVID-19 gets really bad?"</p>
<b>Motivate them</b>	<p>To choose a substitute decision maker, and talk about what matters.</p> <p><b>Ask:</b> "If things took a turn for the worse, what you say now can help your family / loved ones"</p>

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	<p><b>Ask:</b> “Who is your backup person--who helps us make decisions if you can’t speak? Who else? (having 2 backup people is best)</p> <p><b>Ask:</b> “We’re in an unusual situation. Given that, what matters to you? (About any part of your life? About your health care?)</p> <p>Make a recommendation - if they would be able to hear it.</p> <p><b>State:</b> “Based on what I've heard, I'd recommend [this]. What do you think?”</p>
<b>Expect emotion</b>	<p>Watch for this – acknowledge at any point.</p> <p><b>Ask:</b> “This can be hard to think about.”</p>
<b>Record the discussion</b>	<p>Any documentation even brief -will help your colleagues and your patient.</p> <p><b>State:</b> “I’ll write what you said in the chart. It’s really helpful, thank you.”</p> <p>Document on health authority records. Keep in Greensleeve. Encourage them to take Greensleeve with them if they go to the hospital.</p>

## References and Further Reading:

Vital Talk: COVID-19 Conversation Tips - <https://www.vitaltalk.org/guides/covid-19-communication-skills/>

Providence Health Care: TOOLS for COVID-19 conversations - <http://covid19.providencehealthcare.org/resources/tools-covid-conversations-patientsdms>  
(video on using Serious Illness Conversations Guide, specific to COVID)

First Nations Videos – <http://livingmyculture.ca/culture/first-nations/>

SPEAK UP (Canada) - <https://www.advancecareplanning.ca/>

Serious Illness Conversation Guide- Adapted: First Nations Health Authority & BC Centre for Palliative Care - <https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/health-professionals>