

Advance care planning (ACP) in health assessments

Practice nurse script

The following script provides a structured approach for a practice nurse to introduce and integrate advance care planning (ACP) into health assessments.

– Script begins –
Introduction about ACP
<p>As part of the annual health assessment, we are talking to everyone about advance care planning (ACP).</p> <p>ACP is a voluntary process where people think about their health and what kind of care they would like if they were to become very unwell and could not talk for themselves.</p> <p>Are you okay to talk with me about this for five to ten minutes?</p>
Short summary of the ACP process in WA
<p>In WA, the ACP process has a few parts – you can choose to do none of them, some of them, or all of them.</p> <p>The parts include:</p> <ol style="list-style-type: none"> 1. Writing down your values and wishes, and sharing these with people who matter to you. You can write this down on a Values and Preferences form. 2. Thinking about who you would trust to act in your best interests if you were very unwell and could not speak for yourself. Who would you want to make decisions about your care? Does this person know that you would like them to do this for you? There is a form called an Enduring Power of Guardianship (EPG) that will make this arrangement formal. 3. There is also a more detailed form called an Advance Health Directive (AHD). The AHD form is recognised in WA law and ensures that any decisions you make about your future care will be honoured. If you want to complete this form, we can help you, and we would suggest that you make a separate appointment to do this with the general practitioner (GP). <p>To help you think about ACP, we would like you to take this information home and read through it.</p> <p>We encourage you to talk about ACP with the people who matter to you – they may seem a little surprised, but this process is simply an opportunity to plan, in case your health changes and you cannot make your own decisions.</p> <p>When you see the doctor today for the rest of your health assessment, the doctor may also mention ACP.</p>
– Script ends –

Process for practice nurses

The process outlined below is to be completed following an ACP conversation with a patient during a routine health assessment.

Action	Complete
Document introductory discussion about ACP in clinical notes.	Yes <input type="checkbox"/> No <input type="checkbox"/>
Document that all ACP information and documents have been provided.	Yes <input type="checkbox"/> No <input type="checkbox"/>
Document Yes/No in the relevant clinical data fields located in Social History to indicate if AHD and/or EPG documents are complete.	Yes <input type="checkbox"/> No <input type="checkbox"/>
Add recall/reminder to review ACP discussion/documents in 12 months.	Yes <input type="checkbox"/> No <input type="checkbox"/>