Carol Wagner, Senior Vice President, Patient Safety
Washington State Hospital Association
Honoring Choices®
PACIFIC NORTHWEST
AN INITIATIVE OF
Washington State Hospital Association
Washington State Medical Association
Launched October 23, 2015
First Cohort

- Capital Medical Center
- CHI Franciscan Health
- Confluence Health
- EvergreenHealth
- Group Health Cooperative
- Kadlec Regional Medical Center
- Kittitas Valley Healthcare
- Mason General Hospital & Family of Clinics
- MultiCare Health System
- Olympic Medical Center
- Overlake Medical Center
- PeaceHealth
- Providence Health & Services
- Pullman Regional Hospital
- Samaritan Healthcare
- Snoqualmie Valley Hospital District
- Swedish Health Services
- Summit Pacific Medical Center
- The Everett Clinic
- The Vancouver Clinic
- UW Medicine Health System
- Virginia Mason Medical Center
- Whitman Hospital and Medical Center
Vision
Everyone will receive care that honors personal values and goals in the last chapter of life.

Universal adoption for all Washingtonians.
Why Advance Care Planning?

90% People say that talking with their loved ones about end-of-life care is important
27% Have actually done this

82% People say it's important to put their wishes in writing
23% Have actually done this

70% People prefer to die at home
70% People die in a long-term care facility or a hospital

8.8x Increased likelihood of prolonged grief if loved one dies in ICU vs. home with hospice
5x Increased likelihood of PTSD if loved one dies in ICU vs. home with hospice

10 days Fewer days spent in hospital during last two years if patient participated in advance care planning

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WSMA Washington State Medical Association

06-28-2016 Rural Leadership Conference
Honoring Choices® Pacific Northwest

Community Engagement

Website

Pediatric ACP

Physician Education

Advance Care Planning

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06-28-2016 Rural Leadership Conference
Website: HonoringChoicesPNW.org

Resources for the Public
• Start the Conversation
• Make a Plan
• Personal Stories
• Invite Family and Friends

Resources for Professionals
• Research, Articles
• Conferences, Trainings
Advance Care Planning Program

• Based on Gundersen model
  – Internationally recognized evidence-based program

• Advance Care Planning should be:
  – an ongoing process of communication
  – reviewed and updated regularly
  – integrated into routine, patient-centered, preventive care
  – appropriately staged to the individual’s state of health
Proven Outcomes at Gundersen

In last two years of life...

• The average cost of care is $48,000 vs. $80,000 nationally
• The average number of inpatient days is 9.7 vs. 20.3 nationally

Advance Directives:

• 96 percent of people who die in La Crosse have an advance directive or similar documentation vs. 25 percent nationally
• 99 percent of the plans were available in the patients’ EMR
• Treatments were consistent with wishes 99 percent of the time
Honoring Choices

[Image of a healthcare provider discussing with an elderly couple]
Number of Days in Advance of Death Decisions Were Recorded

50% of decisions are recorded <9 days before death
25% of decisions are recorded 0-2 days before death

N = 843 Decisions
**Advance Care Planning Documents**

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**CPR Guide**

This guide helps you understand what CPR is and whether you want to receive CPR.

Talk to your care provider about the benefits and risks that apply to you.

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**What is advance care planning?**

Advance care planning is for all adults 18 and older. It is talking about future health care you had a sudden event, like a serious accident or illness, and could not make choices for you. This person is called the Durable Power of Attorney for Health Care (DPOAH).

It is important to write down your goals, values, and preferences using the documents provided. These documents should be updated regularly and shared with your healthcare providers.

You may complete one or both of the documents.

1. **Health Care Agent – Durable Power of Attorney for Health Care,** or DPOAH, to make medical decisions for you if you cannot speak for yourself.
2. **My Wishes for Medical Treatment – Health Care Directive,** or HLW, provides guidance for future medical care decisions if you have a serious accident or illness and cannot communicate your wishes.

**IMPORTANT:** Ask your doctor if, in addition to these documents, you need a living will or living will provisions. These documents indicate what happens if you are seriously ill or in a hospital setting.

For more information and additional resources go to: [www.HonoringChoicesPNW.org](http://www.HonoringChoicesPNW.org)

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**DPOAH**

A DPOAH is the person you choose to make medical decisions for you. You authorize this person to consult and make medical treatment decisions on your behalf.

**Good Day** means:

- The DPOAH is acting in your best interest,
- The DPOAH is a trusted person,
- The DPOAH is willing to make decisions for you.

**What happens if the DPOAH does not agree with the medical treatment decision?**

- The DPOAH is the person you choose to make medical decisions for you,
- The DPOAH is a trusted person,
- The DPOAH is willing to make decisions for you.

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Thank You for Supporting

We greatly appreciate our current support

• Capital Medical Center
• Confluence Health
• Coordinated Care
• First Choice Health
• Mason General Hospital
• MultiCare Health System
• Northwest Physicians Network
• Premera
• Skagit Regional Health
• The Physicians Foundation
• WSHA and WSMA Foundation
If you haven’t done so already...

- Read Atul Gawande’s book
  – Frontline episode
- Rock Center video
- Exemplify in your own life
  • Start the conversation with your loved ones
  • Complete an Advance Directive