

Healthy Ageing 101 Presents:

# A Values-Based Approach to Advance Care Planning Conversations

Tuesday January 24, 2023

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# Objectives

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- To explore the complex nature of Advance Care Planning
- To validate the importance and moral weight placed on healthcare decision making:
  - Identifying the **right** SDM
  - Understanding and unpacking **values**, **beliefs**, and **wishes** for future healthcare
- To help develop comfort and language in practice

# Time to poll the audience

- How many people participating in this session have completed a will?
- How many people participating in this session know who their legal substitute decision maker (SDM) is?
- How many people have had formal ACP conversations?



# Case

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- Mrs. M is an 85 year old woman
- Entered the hospital through ED due to a fall
- Right hip fracture
- Refuses surgery
- During her admission on a medical floor, she starts to experience delirium and increased reason for medical concern
- Goals of Care conversations commence with her daughter
- Her daughter says, “She would want everything”

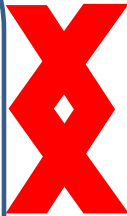


# Terminology



- Identify or confirm SDM
- Discuss
  - values, beliefs
  - a person's concept of a good life or quality of life
  - perceptions of benefits, burdens
  - acceptable trade-offs

Capable Patient



Goals of Care Discussion



Treatment Decisions

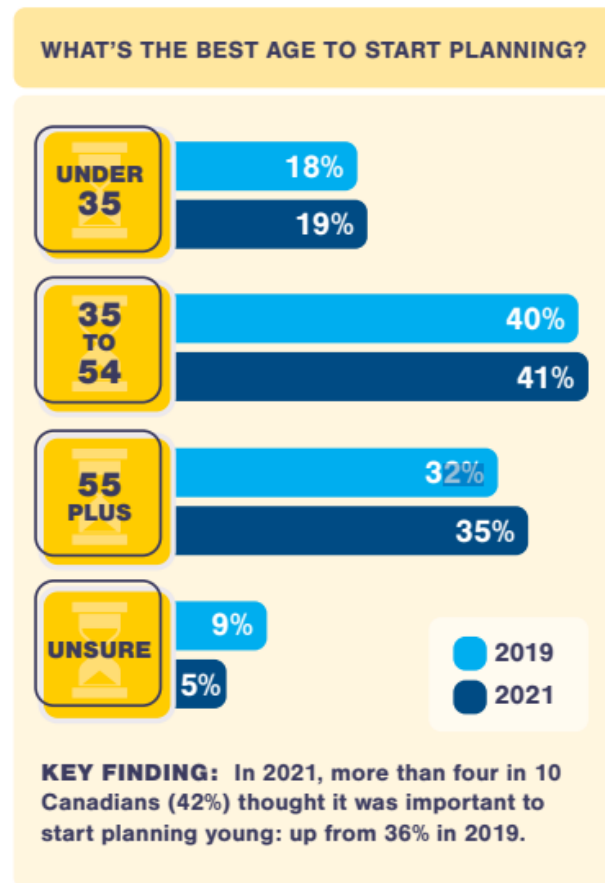
- What is most important to the person (goals)?
- Are there previous conversations (e.g. ACP) that help you define the person's goals for care now?
- How do these goals fit with available treatment options?

Capable Patient or their SDM

- Look for prior capable wishes that apply to the decision to be made (e.g. from ACP or POA document)
- Informed consent process
- Incorporates patient values into the decision making process

# ACP in Canada

- 2021 National Poll (Advancing Care Planning in Canada)
  - Between 2019 and 2022, the number of Canadians who talked to a family member almost doubled (36%→59%)
  - 77% of Canadians believe it is important to talk with their HCP about their wishes, yet only 7% did
  - 60% thought it was important to start the conversation early
  - Main barrier = lack of information or resources
- 2021 Ontario Provincial Framework for Palliative Care
  - supports ACP conversations, not only with those who want a palliative care approach, to preserve patient dignity and autonomy



# ACP Literature

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- There is appreciable disagreement between seriously ill hospitalized patients and family members in their values and preferences for life-sustaining treatment. Strategies are needed to improve the quality of advance care planning, so surrogates (SDMs) are better able to honor patient's wishes at the end of life. (Abdul-Razzak et al., 2019)
- Treatment-focused ACP does not impact outcomes (Morrison et al., 2021)
- However, evidence suggests that information about the patient's values is more helpful to SDMs than advance directives about specific treatment decisions, which may not apply to real-life situations

<sup>9</sup> (Sudore and Fried 2010; McMahan et al. 2013; Myers et al. 2018; Morrison et al. 2021; Lamas 2022)

# What is bioethics?

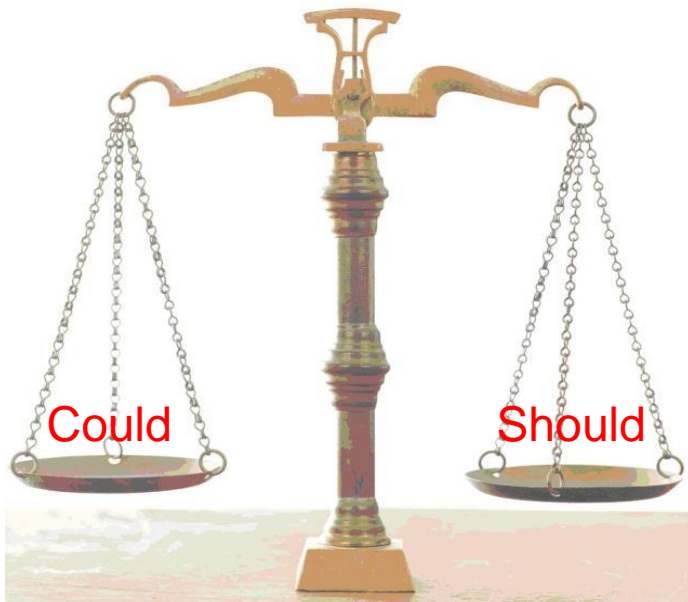
• Bioethics involves critical reflection on moral/ethical issues arising in the areas of health care and research *toward*:

- deciding what we should do
  - What decisions are morally right or acceptable;
- explaining why we should do it
  - Justifying our decision in moral terms;
- describing how we should do it
  - The method or manner of our response





# Bioethics & ACP



- Give people the time, space and opportunity to think about values and wishes
- Provide quality healthcare including quality of life
- Reduce suffering (as defined by the patient), respect their wishes, and lessen distress
- Build trust and decrease conflict (patient, family and HCP)
- Help patients/families with the language to have these conversations



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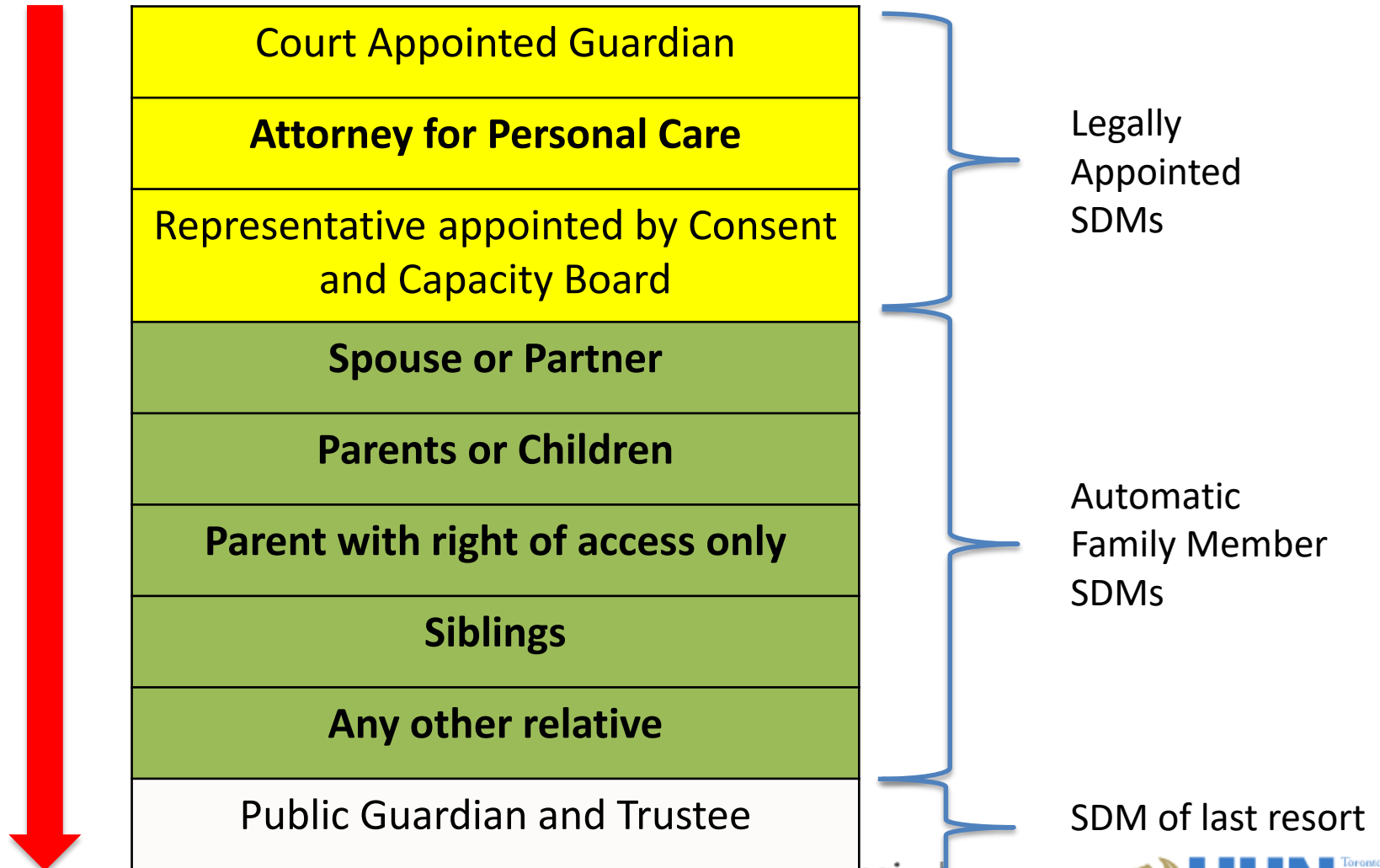
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# ACP Part 1: Identifying a legal SDM

## Substitute Decision Maker Hierarchy



# How to choose the “right” SDM

Consider:

- Values
- Beliefs
  - Cultural
  - Religious
- Trust
- Relationship
- Age



# ACP Part 2: Unpacking Values

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Main parts of the ACP conversation:

## 1. Information Sharing

- E.g. Illness understanding

## 2. Self-Reflection

- Values
- Beliefs
- Life Goals
- Trade-offs
- Worries or fears
- Sources of strength



# How do we have values-based ACP conversations?

- Be mindful of manner and tone of conversation
- Start the conversations early and often
- Share information in a way that helps the person and/or SDMs understand
- Respond to all questions
- Express the importance of sharing or disseminating values and wishes
- Share the importance of reviewing the ACP throughout the patient's life



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# How do we have values-based ACP conversations?

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1. With the individual to help them unpack their values
  - Can you share what your hopes and wishes are for your future?
  - Are there particular life goals that are of utmost importance?
  - Do you have particular worries/fears/concerns in regards to your future health?
  - What does suffering look like to you?
  - How do you define quality of life? What brings quality, value to your life?
2. With their SDM to ensure they are hearing what their loved one is sharing
  - Listen to the listener – how is the SDM receiving the information? What do they understand?
  - What are you hearing them say?
  - What does that mean to you?
  - Are you able to support their values even if they conflict with your own?

# Take Home Messages

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- When possible plan early. Discuss these issues with your loved ones and your patients when everyone can participate
- Make sure everyone knows who the legal SDM is
- Don't wait for the crisis to occur to consider what is most important to you
- Everyone involved (patients, loved ones, caregivers, healthcare providers) will experience a better outcome when these issues are discussed in a non-crisis situation, using an ethical decision-making lens



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# Resources



<https://www.advancecareplanning.ca/>




<https://www.chpca.ca/>





<https://advancecareplanningontario.ca/>



**This online workbook includes 4 sections:**





My Substitute Decision-Maker Card




My questions for healthcare providers



Complete the values exercise



Complete your answers to the ACP questions



# Additional Resources

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Ministry of the Attorney General – POA documents

[https://www.publications.gov.on.ca/store/20170501121/Free\\_Download\\_Files/300975.pdf](https://www.publications.gov.on.ca/store/20170501121/Free_Download_Files/300975.pdf)



Community Legal Education Ontario

- [www.cleo.on.ca](http://www.cleo.on.ca)



Advocacy Centre for the Elderly (ACE)

- <http://www.ancelaw.ca/>

# Questions? (submit through Q&A)

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