Advance care planning in New Zealand

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Advance care planning overview

- Health Quality & Safety Commission are leading the advance care planning five year strategy and programme
- What is advance care planning?
- Why is it important for patients and family/whānau?
- Why is it important for the general practice?
- What do practices need to think about?
The Commission & five year ACP Strategy

PROMOTION: normalise future health care planning and end of life discussions

RESOURCES: advance care planning is available to all

EDUCATION & TRAINING: a prepared workforce and community

MONITORING AND EVALUATION: care is based on what matters to consumers

IMPLEMENTATION: maximising value
What is ACP?

• Advance care planning is the process of thinking about, talking about and planning for future health care and end-of-life care
• It is about identifying what matters to you and your whānau
• It gives people the opportunity to develop and express their preferences for future care based on:
  – their values, beliefs, concerns, hopes & goals
  – a better understanding of their current & likely future health
  – the treatment & care options available
What issues are discussed?

- A person’s understanding of their illness/prognosis
- Personal preferences for future care/treatment
- Particular concerns, fears, wishes, goals, values or beliefs
- Spiritual support
- Cultural context
- Preferred place of care (and how this may affect the treatment options available)
- Types of care/treatment that may be beneficial and/or available
What issues are discussed?

• Family/whānau members or others that they would like to be involved in decisions about their care
  – appointing of an enduring power of attorney
  – or “...the following people know me well and understand what is important to me. I would like them included in discussions about my care & treatment”

• Views and understanding about interventions that may be considered in an emergency
  – Eg, cardio-pulmonary resuscitation.
Why is ACP important?

- Improves patient and family satisfaction with overall care (Detering et al., 2010)
- Reduces stress, anxiety and depression for family members when a patient dies (Detering et al., 2010)
- Can positively enhance a patient’s hope in the face of progressive disease (Davison, 2006)
- Reduces fear and anxiety (Ditto et al., 2001)
- Facilitates end of life wishes to be known and followed (Detering, Hancock, Reade, & Silvester, 2010)
- Helps a person achieve a sense of control as their illness progresses and death approaches (Lyon, 2007)
Advance care planning

Kia kōrero: Let’s talk CONVERSATIONS (Context)

ACP = Advance Care Plan
AD = Advance Directive
Advance directive

• In New Zealand an enduring power of attorney (EPoA) can not refuse any standard medical treatment or procedure intended to save life or prevent serious damage to health

• An advance directive is therefore the best way for any individual to express their wish to refuse a particular treatment in the future (particularly if it is considered standard/potentially life-saving).

• Te Hokinga a Wairua – the Department of Internal Affairs has designed a website to give you more detailed information about EPoA and end of life documentation https://endoflife.services.govt.nz/welcome

• There is also a new Death Documents website with everything you need when a patient dies https://deathdocs.services.govt.nz/welcome
Promotion
Promote future health care planning

• A national promotion campaign and public relations programme
• Stakeholder engagement across government, NGO and community:
  – Māori
  – Pacific peoples
  – Asian and other ethnicities
  – People with disabilities
  – LGBTTI+ community

Sima and Pusi Urale, a Samoan story
Arthur Te Anini

Arthur Te Anini has COPD and has been a consumer advocate for ACP for many years. He is a fantastic educator in the community and uses every point of contact to share his ACP knowledge.

All translated into English, Te Reo Māori, Samoan, Tongan, traditional and simplified Chinese.
Samoan mother of six, Pusi Urale was a teacher before she became an artist in her late fifties. She cared for her husband with dementia at home with the support of her children, both in Samoa and New Zealand. Now she ‘wakes up to paint’ and has regular exhibitions. She lives with her daughter, filmmaker Sima Urale and is supported by her wider aiga/whānau.
Clive Aspin

The ACP campaign explored diverse voices across communities.

Clive Aspin is a public health researcher and lives with his partner Terry in Wellington. Terry is from Australia and Clive is Ngati Maru from the Raglan area – when they came back from living overseas and bought a house, updating their wills and doing their ACP.

Clive was the first Māori researcher to study HIV and young Māori in New Zealand.
Me pēhea te manaaki i a koe i te ekenga o ngā rā ki a koe?
Cheryl Cameron

- Cheryl was awarded an MBE for her services to film as an archivist and filmmaker.
- Since her diagnosis with Parkinsons disease, Cheryl co-facilitates therapeutic tango lessons for those with neuro-degenerative disorders.
Ko e hā na’a ke fa’u fokotu’utu’u ai ki he kaha’u?
Noel is Filipino. He is a social worker and also works as a spiritual director. His Masters looked at ACP in interfaith communities of older people over 75. We have translated all the campaign videos and posters into both traditional Chinese which is the more formal language but more Chinese understand simplified Chinese so both have been used.
Keri Kaa is a writer, poet and arts advocate. She lived in Wellington for many years where she was a teacher and tutor at the teachers training college where she advocated for te reo Māori. She returned to her home town when she retired and is now under palliative care at Te Puia Springs hospital north of Gisborne, an iwi run health centre.
He aha te take i hira ai mōu te hoki ki te kāinga?
ACP support for you

- National ACP strategy team at HQSC
- Local ACP facilitators in DHBs and PHOs
- Locally lead national ACP training and national training coordinator (sign up for the L1A one day ACP workshops)
- ACP e-learning module online
- Community ACP training pilots, work in progress
- Kia kōrero | Let’s talk ACP campaign resources [www.myACP.org.nz](http://www.myACP.org.nz)
- Posters for your health and community spaces available free [here](#)
- More info available [www.hqsc.govt.nz](http://www.hqsc.govt.nz)
Contact us

Contact your local ACP facilitator or programme lead at the Commission
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