Advance Care Planning in New Mexico

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Advance Care Planning

- What is the Gold Standard?
  - Gundersen Lutheran in La Crosse County, Wisconsin
    - Of 400 patients who died in '07-'08
      - 90% had an advance directive
      - It was in the Medical Record 99.4% of the time
      - It was followed 99.5% of the time

Hammes Et. al JAGS 2010

Advance Care Planning

- The Gundersen Approach
  - Five Promises:
    - We will initiate a discussion with every adult
    - We will provide skilled ACP facilitation
    - We will make sure plans are clear
    - We will store and be able to retrieve plans when needed
    - We will follow plans appropriately as needed

Advance Care Planning

- A conversation on wishes and values informed by pertinent medical information
  - A process over time
- Sharing the conversation with appropriate family and friends
  - Choosing a Healthcare Decision Maker (agent)
- Creating a document
  - Advance Directive

What is an Advance Directive

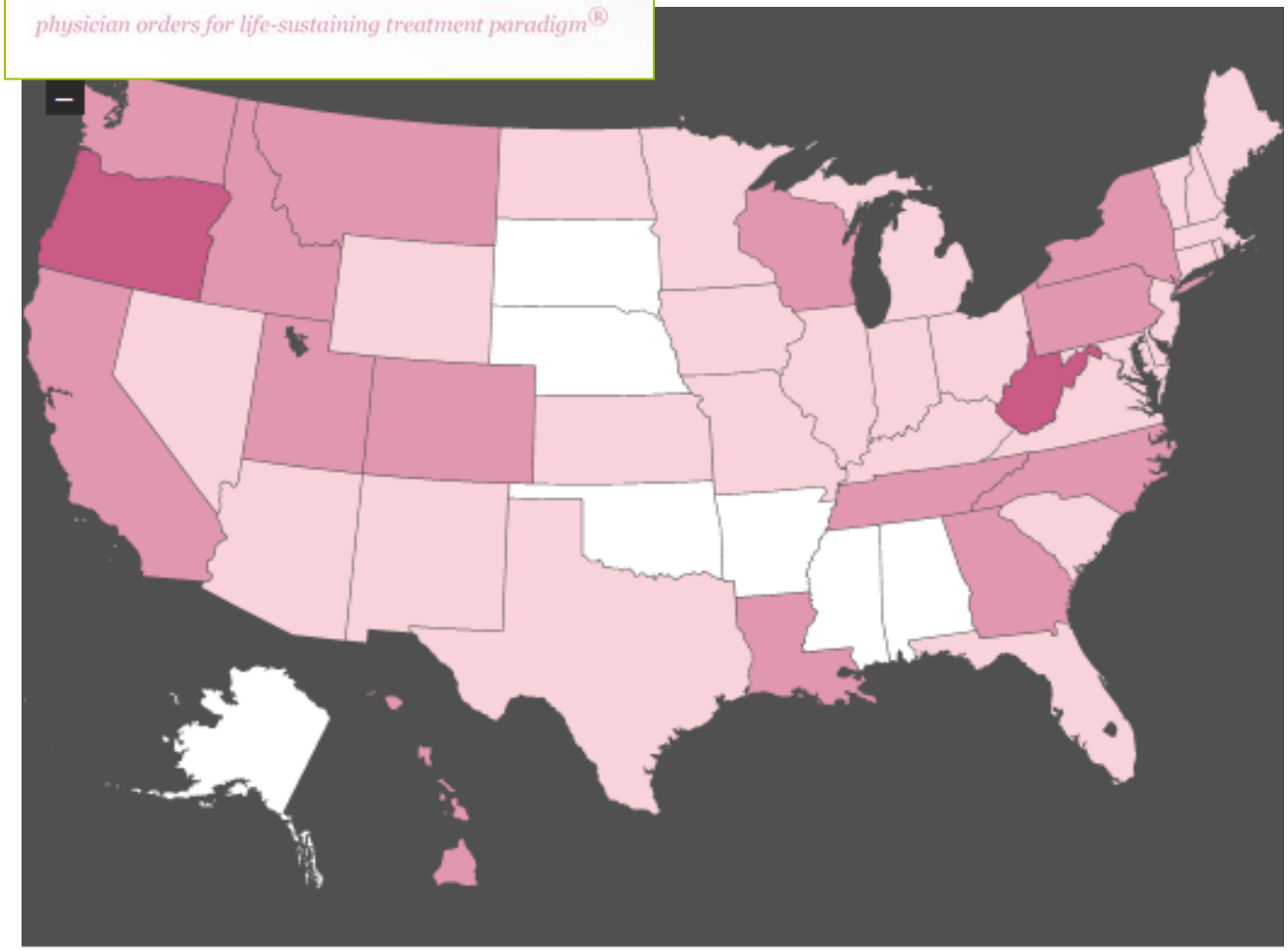
- Two important components
  - Healthcare Decision Maker
    - POA / agent / surrogate
  - Instructions on what type of care a person <u>does</u> or <u>does</u> <u>not</u> want to receive
    - "Living Will" or "Wishes and Values"
    - An individual can defer individual instructions to their Healthcare Decision Maker

New Advance Directive Option for New Mexico

- Medical Orders for Scope of Treatment (MOST)

POLST

physician orders for life-sustaining treatment paradigm®



NM MOST Background

- Initial document created in 2011 by members of the medical and legal community
- Steering Committee since 2012
  - Senior law experts
  - Department of Health
  - First responders
  - Healthcare professionals including, physicians, nurses, ethics, and administration from health systems and hospitals throughout the state, skilled nursing and long term care facilities, home health and hospice agencies
  - Long-term care state organization
  - Home health and hospice state organization

NM MOST Roll-out

- New Mexico Implementation
  - DOH EMS Bureau
  - First Responders
  - Emergency Departments
  - Long-term care facilities
  - Hospital
  - In-home

This pre-hospital physician order is consistent with the patient's wishes and should be considered in the same manner as a DNR order issued prior to a hospitalization. The New Mexico MOST is an advance healthcare directive or healthcare decision and must be honored in accordance with state law (NMSA 1978§24-7A-1 et seq.) If there is a conflict between this directive and an earlier directive, the most current choices made by the patient or the Healthcare Decision Maker shall control.

New Mexico Medical Orders For Scope of Treatment (MOST)

First follow these orders, then contact the physician, APN, or PA. These medical orders are based on the person's **current** medical condition and preferences. Any section not completed does not invalidate the form.

Last Name/First/Middle Initial _____

Address _____

City/State/Zip _____

Date of Birth (mm/dd/yyyy)

A — EMERGENCY RESPONSE SECTION: Person has no pulse or is not breathing.

Check One

☐**Attempt Resuscitation/CPR** ☐**Do Not Attempt Resuscitation/DNR**

When not in Cardiopulmonary arrest, follow orders in **B**, **C** and **D**.

B — MEDICAL INTERVENTIONS: Patient has a pulse

Check One

☐**Comfort Measures: Do not transfer to hospital unless comfort needs cannot be met in current location.** Use medication by any route, positioning, wound care and other measures to relieve pain and suffering. Use oxygen, suction and manual treatment of airway obstruction as needed for comfort.

☐**Limited Additional Interventions:** May include care as described above. Use medical treatment, IV fluids and cardiac monitor as indicated. Do not use intubation, advanced airway interventions, or mechanical ventilation. **Transfer to hospital if indicated. Avoid Intensive Care.**

☐**All indicated interventions:** May include care as described above. **Use intubation, advanced airway interventions, mechanical ventilation, and cardioversion as indicated. Transfer to hospital if indicated. Includes Intensive Care.**

Additional Orders: _____

C — ARTIFICIALLY ADMINISTERED HYDRATION / NUTRITION:

Check One

(Always offer food and liquids by mouth if feasible and desired.)

☐No artificial nutrition. ☐No artificial hydration.

☐Time-limited trial of artificial nutrition. ☐Time-limited trial of artificial hydration.

Goal of the trial: _____

☐Long-term artificial nutrition/hydration.

D

Discussed with: ☐Patient ☐Healthcare Decision Maker ☐Parent of Minor ☐Court Appointed Guardian ☐Other ☐ Interpreter used

Signature of Physician: My signature below indicates to the best of my knowledge that these orders are consistent with the person's medical condition and preferences.

Physician Name (required, please print)	Physician Phone Number	Date
Physician Signature (required)	Physician License #	

Signature of Patient or Healthcare Decision Maker: By signing this form, I declare I have had a conversation with the healthcare provider. I direct the healthcare provider and others involved in care to provide healthcare as described in this directive.

Signature (required)	Name (print)	Date
Address	Phone	Relationship to the Patient

HIPAA PERMITS DISCLOSURE OF THIS INFORMATION TO OTHER HEALTHCARE PROFESSIONALS AS NECESSARY

For easy Identification, please print on "Wausau Astrobright Terra Green" 65 lb paper. However, plain white photocopies, faxes and electronic scans are valid.

NM MOST

- The MOST program protects and promotes patient autonomy in several important ways
  - The MOST is created in conjunction with a healthcare provider and addresses a patient's current situation
  - The MOST is very visible and is transferable to other care settings
  - The MOST is written with medical language on a standardized form
  - The MOST is signed by a physician allowing for greater adherence by other providers

Next Steps for New Mexico?

(how can we achieve similar results to La Crosse, Wisconsin)

- Consumer education on advance directives throughout the state
- Provider education on the conversation and the documents
- Continue the adoption of the MOST by New Mexico communities
- Develop a centralized registry to allow healthcare professionals to access all New Mexican advance directive documents

Resources

- New Mexico Medical Orders for Scope of Treatment "MOST"
  - *nmmost.org*
- Physician Orders for Life Sustaining Treatment "POLST"
  - polst.org
- New Mexico Uniform Health Care Decisions Act
  - *www.nmcpr.state.**nm**.us/nmac/parts/title07/07.027.0006.htm*