ADVANCE CARE PLANNING
“THE CONVERSATION GAME”

Debi Adams & Sandie Wade
Clinical Nurse Specialists in Palliative Neurology
Saint Catherine’s Hospice, Scarborough
Advance Care Planning (ACP) is a process of discussion between an individual and their care providers. It is to make clear a person’s wishes in anticipation of a deterioration in the individual’s condition in the future, with attendant loss of capacity to make decisions and/or ability to communicate wishes to others.

EOLC Strategy (2008)
Barriers

- Time/timing
- Role
- Unleashing difficult emotions
- Skill
- Semantics
- Knowledge of options
- Capacity
Communication about ACP, improved concordance between preferences for care and delivered care.

(Houben et al 2014)
‘I can make the last stage of my life as good as possible because everyone works together confidently, honestly and consistently to help me and the people who are important to me, including my carers.’

NCPC(2015)
‘I have no other wishes than just to be able to die in a peaceful & quiet way without pain or other terrible things’

TIPS FOR BROACHING ACP

• “How do you see the future?”
  • What matters to you most?
  • Would it be helpful to talk a bit about the future?

• Reflecting on change

• Timing of treatment/management options
“This is difficult for me to explain, so I brought a prop.”
THE CONVERSATION GAME!

- A pack of 36 cards

- 35 cards describe things people say are important to them
  - How they want to be treated
  - Who they want to be with
  - Where they want to be

- 1 Wild card!

What’s the conversation game?

“I now know why this conversation matters”

A simple, evidence-based tool to start the conversation for
- Staff and systems
- Individuals and families
- Patients and carers
- Community events

Supports patients, family and staff to explore and communicate quality of life wishes or preferences for the best possible end of life care.
To say goodbye to important people in my life

Not being a burden on my family

To be able to talk about what frightens me

Not dying alone

Not being connected to machines
HOW THE CARDS CAN BE USED

- Solitaire
- Pairs
- Groups

What would your “Wild Card” be?
REFERENCES AND RESOURCES


- Johnson S et al. (2016) advance care planning for cancer patients: A systematic review of perceptions and experiences of patients, families and healthcare providers Psycho-oncology (2016) 25 362-386


- **Useful websites**
  - www.dyingmatters.org/site/resources
  - http://www.ncpc.org.uk
  - www.conversationsforlife.com for the Conversation Game Cards
  - www.goldstandards.co.uk
  - www.e-lfh.org.uk