



COVID-19 Special Edition # 6 - April 16, 2020



## NATIONAL HEALTHCARE DECISIONS DAY

### *DO YOU HAVE ADVANCE DIRECTIVES ?*

**Today is National Healthcare Decisions Day - a day dedicated to having everyone focus on their health care plans, specifically, their Advance Directives.**

**Who?** Every adult, 18 years and older, should at a minimum, complete a Health Care Power of Attorney. In this era of COVID-19, many confirmed COVID-19 patients are being admitted to the hospital without any Advance Directives as most never expected to end up in the hospital. Sometimes the unexpected can happen - a car accident, stroke or heart attack, falls, etc.

**Why?** If you were to become unconscious or unable to express yourself, the Advance Directives will allow for your wishes to be followed either through written instructions or your agent named as the Health Care Power of Attorney.

**What?** Each state has created their own forms to conform to the state laws. All states have the following forms:

- Living Wills
- Health Care Power of Attorney
- Declaration for Mental Health Treatment
- Practitioners Order for Life-Sustaining Treatment (POLST)

**When?** No better time than NOW. If you already have the forms completed, it is important to review the signed forms annually or when you have a change in your health and wish to update the forms.

**Where?** The forms are all available free of charge at most state agency or not-for-profit sites, including:

- [AARP by State Advance Directive](#)
- [Practitioner Orders for Life-Sustaining Treatment](#)

- [Project Patient Care Podcasts](#)

**How?** The forms should be completed based upon the wishes of the person for which the forms are for. The thought process, wishes, preferences, goals of care and life should be discussed with loved ones before the forms are completed. To help in guiding you and your family in your discussions, there are several resources available, including:

- [Prepare for Your Care](#)
- [Conversation Project](#)

During this period of COVID-19 where many are under strict Stay at Home Rules and all are maintaining a Social Distance, you can have the forms signed electronically by circulating the forms or using a service that will also store them in the cloud. We will have more information on this soon as many of you may be using cloud storage already for your forms.

**What to Do With Signed Forms?** It is important that you give copies of the forms to

1. your primary care or specialty care provider as they will store in your medical record,
2. Your agents specified on the Health Care Power Of Attorney Forms - tell them to keep a copy of them in their car glove compartment so they are readily available, as well as storing in their cloud
3. Make sure if you have a chronic or end of life condition, that you keep copies on your refrigerator, night stand, anywhere that an EMT might find them if they are having to transport you in an emergency.

## Dr. Julie Goldstein on Advance Care Planning PODCAST



Dr. Julie Goldstein provides a wealth of information on the value and importance of Advance Care Planning and how best to approach completion of these forms in our April 2020 Podcast. Dr. Goldstein explains the different forms and provides perspective on how and when to complete them to ensure your values, wishes, and care goals are honored.

Julie Goldstein, MD, Medical Director, Advance Care Planning and Shared Decision-Making in Serious Illness for Advocate Aurora Healthcare while also serving as Chair of the Ethics Committee at Advocate Illinois Masonic Medical Center. Julie has over 30 years of practice in Medicine, Palliative Care, and Clinical Ethics, and as she says, she “has been privileged to be a guide for people with serious illnesses, helping them and their families understand and control their healthcare decisions.

She has helped them live their lives-- and their deaths-- with dignity and integrity.”

Dr. Goldstein is an Internist and is Board Certified in Hospice and Palliative Medicine. She is Founding Chair of the POLST Illinois Task Force; Board Member of Illinois Hospice and Palliative Care Organization; and Founder of Chicago End-of-Life Care Coalition.

Dr. Julie Goldstein's Podcast can be found at the Project Patient Care web site by clicking [Here](#)

## COVID-19 Resources

There are many resources readily available from international, national, state, county/city government agencies. Typically resources are centralized with most in state and city departments of public health.

A few links:

**World Health Organization** - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

**Centers for Disease Control and Prevention (CDC)** - [www.cdc.gov](http://www.cdc.gov)

**Centers for Medicare and Medicaid Services (CMS)** -

<https://www.medicare.gov/medicare-coronavirus>

**State of Illinois** - <https://www2.illinois.gov/sites/coronavirus/Pages/default.aspx>

**Illinois Department of Public Health** - <http://www.dph.illinois.gov/>

**City of Chicago** - <https://www.chicago.gov/city/en/sites/covid-19/home.html>

**National Association for Healthcare Quality (NAHQ) COVID-19 Quality Resources** -

<https://nahq.org/education/covid-19-resource-center/>



## **We Enjoy Hearing from YOU!**

Please feel free to contact us at any time but during the COVID-19 'Stay at Home' period, we are all working remotely from our homes.

Contact us at:

Telephone: 312-445-6477 (office phone)

Cell Phone: 630-202-5579

E-mail: Pat Merryweather-

Arges [pmerryweather@projectpatientcare.org](mailto:pmerryweather@projectpatientcare.org)

Thank you!