
Definitions:

Durable Power of Attorney for Healthcare (DPOAH)/Patient Advocate:

- The person YOU choose to make medical decisions for you when you are unable to speak for yourself.
- May include a “Living Will” portion

Durable Power of Attorney:

- Written document in which you appoint a trusted person to act on your behalf, continuing the relationship beyond your incapacity.
- Includes decisions such as *financial and legal* affairs.

Choosing Wisely <http://www.consumerhealthchoices.org/choosing>

1. *Do I really need this test?*

- The answer should be direct and simple

2. *What are the risks?*

- Ask about side effects and the chances of getting inaccurate test results

3. *Are there simpler, safer options?*

- A lifestyle change may be enough

4. *What happens if I do not do anything?*

- Ask if your condition might get better – or worse – if you don’t have the test or procedure right away

5. *How much does it cost?*

- Are there less-expensive tests, treatments or procedures? Ask about generic vs. brand name drugs

Dr. Carson’s questions about risk/benefit:

If I choose to **have** the test/procedure/surgery:

- What is the best outcome I can expect?
- What is the worst outcome I can expect?

If I choose **not to have** the test/procedure/surgery:

- What is the best outcome I can expect?
- What is the worst outcome I can expect?

Dr. Susan Block from *Being Mortal* by Dr. Atul Gawande:

Questions in case of chronic illness:

1. If your current condition worsens, what are your goals?
2. What are your fears?
3. Are there any tradeoffs you are willing to make?

LATER: What would a good day look like?

Your Advance Directive Document:

Keep the original in a readily accessible place!

Give copies to:

- Your Patient Advocate/DPOAH
- Your healthcare provider
- Your family/loved ones

Upload to MyDirectives: <https://mydirectives.com/>

The “5 D’s”:

Review every annual physical exam, AND:

1. Decade – when you start each new decade of your life.
2. Death – whenever you experience the death of a loved one.
3. Divorce – if you experience a divorce or other major family change.
4. Diagnosis – if you are diagnosed with a serious health condition.
5. Decline – if you experience a significant decline or deterioration of an existing health condition, especially when you are unable to live on your own.

Carson, B. & Lewis, G. (2008). *Take the Risk: Learning to identify, choose, and live with acceptable risk.* Zondervan, Grand Rapids, MI.

Gawande, A. (2014). *Being Mortal.* Metropolitan Books, Henry Holt and Company, New York, NY.