Honoring Choices® MINNESOTA
An initiative of the Twin Cities Medical Society

Advance Care Planning Information:

Terms to Know

Advance Care Planning
Knowing your voice is heard when making decisions about health care is important. Advance Care Planning is the process of preparing for a time when you may not be able to make your own medical decisions. The best time to make these decisions is when you are able to make your own choices.

Health Care Agent
Discussing and sharing your wishes with your loved ones, health care team and health care agent is important. A health care agent makes health care decisions based on your wishes if you are unable to communicate.

Health Care Directive
By writing a Health Care Directive, you can make your voice heard so your wishes are followed. A Health Care Directive is a written plan outlining your values and priorities for your future medical treatment.

Antibiotics
Medicines used to treat infections caused by bacteria.

Artificial hydration and nutrition*
Using IVs or inserting tubes into your mouth, nose or stomach to provide fluids and nutrients if you are not able to eat or drink.

Cardiopulmonary resuscitation (CPR)*
Cardiopulmonary resuscitation is a emergency procedure commonly known as *CPR.* CPR involves pressing repeatedly on a person's chest and forcing air through his or her mouth. CPR also may include giving medicine, using special equipment to give electrical shocks to the heart and placing a tube down the throat to help with breathing.

Code status
Refers to terms clinicians use to describe procedures that may be done if a person's heart and lungs stop working.

- *Full code* means use CPR.
- *DNAR,* or *Do not attempt resuscitation* means do not use CPR. DNAR, however, does include comfort care. DNAR also is known as *allow natural death (AND).* Some hospitals use *DNR,* or *Do not resuscitate.*

Comfort care
Medical care and treatment, including oxygen and medicine, for immediate relief of pain and symptoms. Comfort care does not include ventilator support, artificial hydration and nutrition, or re-hospitalization. Usually, comfort care is provided at a community care setting or home rather than at the hospital.

Dialysis
A process using a machine to clean your blood if your kidneys are not working normally. Healthy kidneys help your body get rid of waste products and extra fluid in your blood.

Hospice
Comfort care that focuses on promoting quality of life when a person is near the end of life. Hospice offers relief from the physical, emotional, and spiritual pain that often comes with a terminal illness.

Intravenous (IV) line
A narrow, flexible plastic tube placed in a vein using a needle. An IV is a way to give fluids, medicine and blood.

Palliative care

Includes comfort care to relieve pain, manage symptoms and provide support for making medical decisions. Palliative care also provides emotional and spiritual support. Can be helpful with any medical treatment, not just for end-of-life or hospice care.

Provider Orders for Life-Sustaining Treatment (POLST)

A POLST is a medical order your health care provider may recommend to document your health care wishes. A POLST provides specific instructions for emergency medical responders and other health care providers. A POLST form is not a replacement for a Health Care Directive and does not name a health care agent.

Ventilator*

Machine that pushes a mixture of air and oxygen in and out of your lungs to breathe for you. The machine connects to a tube that goes through your mouth and down your windpipe at the back of your throat.

For more information about advance care planning or for help creating a Health Care Directive, contact your health care team or Honoring Choices Minnesota.

HonoringChoices.org

612-362-3704

******Additional information available from Honoring Choices Minnesota.*

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