



Advance Care Planning & End of Life Considerations

Last reviewed January 2020

Difficult Conversations: From Diagnosis to Death

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4295750/>

This paper reviews the literature about the importance of communication in delivering bad news, the state of communication training, communication strategies and psychosocial interventions. (OPEN ACCESS)

Talking with Older Patients About Sensitive Subjects

<https://www.nia.nih.gov/health/talking-older-patients-about-sensitive-subjects>

This American website provides general guidance regarding approaching a variety of potentially sensitive subjects with older adults. (OPEN ACCESS)

Serious Illness Conversation Guide

<http://www.instituteforhumancaring.org/documents/Providers/PSJH-Serious-Illness-Conversation-Guide.pdf>

This handout developed for health care professionals outlines effective conversation flow and samples of patient-tested language. (OPEN ACCESS)

VITALtalk <https://www.vitaltalk.org/>

This American website provides a number of video examples for health care providers on how they can manage a variety of difficult conversations with patients and families. (OPEN ACCESS)

How do Physicians Talk and What do They Say in the Difficult Conversations With Patients and Their Loved Ones in Palliative Care? A Qualitative Study to Investigate Strategies to Help Improve Difficult Conversations

<https://www.omicsonline.org/open-access/how-do-physicians-talk-and-what-do-they-say-in-the-difficult-conversations-with-patients-and-their-loved-ones-in-palliative-care-a-2165-7386-1000285.pdf>

The study described in this article outlines important strategic areas in conversations to be considered in having difficult conversations. (OPEN ACCESS)

Which Critical Communication Skills are Essential for Interdisciplinary End-of-Life Discussions?

<https://journalofethics.ama-assn.org/sites/journalofethics.ama-assn.org/files/2018-08/medu2-1808.pdf>

In this article, the authors reviewed what was known about the skills and strategies necessary for meaningful and effective end of life conversations and the role of interdisciplinary approaches to these conversations. (OPEN ACCESS)

Advance Care Planning & End of Life Considerations

Conversations in End-of-Life Care: Communication Tools for Critical Care

http://www.satin.ulaval.ca/sites/satin.ulaval.ca/files/shannon_2011.pdf

This article discusses the results of an interactive workshop conducted with experienced critical care nurses using different communication tools. (OPEN ACCESS)

Facilitating Effective End-of-Life Communication – Helping People Decide

<http://canadiangeriatrics.ca/wp-content/uploads/2017/02/Facilitating-Effective-End-of-Life-Communication-%E2%80%93-Helping-People-Decide.pdf>

This article provides an overview of differing definitions and legislation used related to advance care planning and goals of care across Canada. The authors aim to provide ideas on facilitating discussions and highlight opportunities to start these conversations with patients and substitute decision makers. (OPEN ACCESS)

Communication About Serious Illness Care Goals: A Review and Synthesis of Best Practices

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1916912>

The authors conducted a narrative review of evidence regarding advance care planning and end-of-life communication. (OPEN ACCESS)

Communication and Decision Making About Life-Sustaining Treatment: Examining the Experiences of Resident Physicians and Seriously-ill Hospitalized Patients

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2585663/?report=reader>

The authors explored how discussions about life-sustaining treatment occur and examined the factors which influence physician's communication strategies with the aim of providing novel insights into how communication can be improved. (OPEN ACCESS)

Communication Tools for End-of-Life Decision Making in the Intensive Care Unit: A Systematic Review and Meta-Analysis

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2585663/?report=reader>

The authors conducted a systematic review to determine the effect of structured communication tools for end-of-life decision making in contrast to usual care. (OPEN ACCESS)

Staying Out of the Closet: LGBT Older Adults' Hopes and Fears in Considering End-of-Life

[http://www.virtualhospice.ca/Assets/staying_out_of_the_closet_lgbt_older_adults_hopes_and_fears_in_considering_end_of_life%20\(002\)_20180711161124.pdf](http://www.virtualhospice.ca/Assets/staying_out_of_the_closet_lgbt_older_adults_hopes_and_fears_in_considering_end_of_life%20(002)_20180711161124.pdf)

This study underscores the need to consider gender identity and sexual orientation at end-of-life. In particular, recognition of the intersectionality and social locations is crucial to facilitating positive aging experiences and end-of-life care. (OPEN ACCESS)

Social Work Practice with LGBT Elders at End of Life: Developing Practice Evaluation and Clinical Skills Through a Cultural Perspective

<https://www.semanticscholar.org/paper/Social-Work-Practice-with-LGBT-Elders-at-End-of-and-Arthur/87852bd16792a64b90e548ebfe85ac513374cebd>

This article focuses on culturally sensitive clinical issues related to best practices with LGBT elder patients at the end-of-life at key points in the therapeutic relationships. (PAID ACCESS)

Advance Care Planning & End of Life Considerations

Approaches to Goals of Care Discussions

<https://www.ontariopalliativecarenetwork.ca/sites/opcn/files/ApproachesToGoalsOfCare.pdf>

This resource is designed for healthcare providers and is focused on the clinical context to ensure that individuals are better supported throughout their care journey. (OPEN ACCESS)

Advance Care Planning Interview Guide for Patients in Long Term Care and Within the Last 12 Months of Life

http://ethel.boostilms.com/course_modules/35/resources/Conversation%20Guide%20-%20Long%20Term%20Care_Last%20Year%20of%20Life.pdf

This two page handout lists actions to guide care providers with sample questions to guide conversations. (OPEN ACCESS)

Advance Care Planning Interview Guide for Patients with Chronic Conditions

http://ethel.boostilms.com/course_modules/35/resources/Conversation%20Guide%20-%20Long%20Term%20Care_Last%20Year%20of%20Life.pdf

This two page handout lists actions to guide care providers with sample questions to guide conversations. (OPEN ACCESS)

Person-Centred Decision Making

<https://www.ontariopalliativecarenetwork.ca/sites/opcn/files/OPCNGocPCDMProviderResource.pdf>

This one page handout is intended for health care providers to help explain the importance of treatment decisions and the continuum of advance care planning, goals of care, health care consent and treatment planning. (OPEN ACCESS)

A Decision Aid to Prepare Patients and Their Families for Shared-Decision Making About Cardio-Pulmonary Resuscitation (CPR) <https://vimeo.com/48147363>

This video decision aid presents evidence for outcomes of CPR to assist patients and their families decide if this is a treatment they would want if their heart were to stop. (OPEN ACCESS)

A Knowledge Synthesis of Culturally- and Spiritually-Sensitive End-of-Life Care: Findings From a Scoping Review

<https://bmcgeriatr.biomedcentral.com/track/pdf/10.1186/s12877-016-0282-6?site=bmcgeriatr.biomedcentral.com>

This review highlights that most research has focused on decision-making. There were fewer studies exploring different cultural and spiritual experiences at the EoL and interventions to improve EoL care. Interventions evaluated were largely educational in nature rather than service oriented. (OPEN ACCESS)

Advance Care Planning and End of Life Decision-Making: More Than Just Documents

http://www.advocacycentreelderly.org/appimages/file/Advance_Care_Planning_&_End_of_Life_Dec-Making-2013.pdf

the author outlines common problems related to confusion about Advance Care Planning (ACP) and End-of-Life Decision-Making and how ACP is more about communication between patients and their Substitute Decision Maker and any paperwork. (OPEN ACCESS)

Advance Care Planning & End of Life Considerations

Talking About Dying: How to Begin Honest Conversations About What Lies Ahead

<https://www.rcplondon.ac.uk/projects/outputs/talking-about-dying-how-begin-honest-conversations-about-what-lies-ahead>

This report offers advice and support to physicians on having conversations with patients much earlier after the diagnosis of a progressive or terminal condition, including frailty.

(OPEN ACCESS)

Caring for the Terminally Ill: Honouring the Choices of People

<http://eolfn.lakeheadu.ca/wp-content/uploads/2013/01/Honouring-the-Choices.pdf>

This publication was designed to support Indigenous people and their caregivers in rural and remote communities living with life threatening illness. (OPEN ACCESS)

Comfort, Hope and Wishes: Making Difficult Health Care Decisions

http://www.savvyseniorshousing.com/_Library/docs/Making_Difficult_Decisions-_Alberta.pdf

This resources is meant to help guide decision-making by giving clear information about medical treatments and ethical issues that may arise at the end of life. While intended for an Alberta audience, it does provide helpful information for those outside that jurisdiction. (OPEN ACCESS)

Culture in End-of-Life Care <http://www.cpd.utoronto.ca/endoflife/Slides/PPT%20Culture.pdf>

This presentation aims to identify salient perspectives of culture and the importance in relation to end-of-life decision making and care; how to construct a plan for end-of-life care that identifies and accommodates culture as well as identifying one's own cultural perspectives in end-of-life care. (OPEN ACCESS)

Exploring Cultural and Spiritual Values in Advance Care Planning

http://ethel.boostlms.com/course_modules/35/resources/Conversation%20Guide%20-%20Cultural%20and%20Spiritual%20Values%20in%20Advance%20Care%20Planning.pdf

This one page handout is intended to help facilitate Advance Care Planning conversations in culturally and spiritually sensitive ways. (OPEN ACCESS)

Patient Care Planning Discussions for Patients at the End of Life: An Evidence-Based Analysis <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4561366/>

This report includes an evidence-based analysis which aimed to examine the effectiveness of PCPDs in achieving better patient-centred outcomes for people at the end-of-life. (OPEN ACCESS)

Seeing Through the Veil: Experiences of Caring for Persons Living with Dementia at the End of Their Lives https://vimeo.com/315262785?mc_cid=e6cd976fcc&mc_eid=678fe5d742

This is an arts-based project disseminated research findings through paintings and artistic works that healthcare professionals created when they were asked "What it is like to care for persons living with dementia who are receiving end-of-life care?". This research is intended to provoke and contribute to local and national end-of-life conversations with the intention of enhancing end-of-life care for persons and families living with dementia. (OPEN ACCESS)