



COMMUNITY INITIATIVES FOR ADVANCED CARE PLANNING

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OBJECTIVES

- Be able to verbalize, from an evidence based perspective, how each healthcare provider has the capability to contribute to advanced care planning.
- Explore a formula for an internalized process and/or model that accentuates diverse, equitable and inclusive approaches to initiate evidence based advanced care planning.
- Create a plan on how in the community you could establish advanced care planning in a novel setting.

WHAT IS ADVANCED CARE PLANNING?

- ★ Care and wishes alignment (Department of Health, 2008)
- ★ Documented negotiation (McMahan, 2021)
- ★ Considering diagnoses and capacity (General Medical Council, 2010)
- ★ Addresses shifting priorities over one's life (Dinescu, 2021)

WHY SHOULD WE CONSIDER ADVANCED CARE PLANNING?

- ★ Preventative measure
- ★ Ascertains identity
- ★ Aides in comprehension of health
- ★ Respects consent
- ★ Uphold patient preferences (Robinson, L. & Paes, P., 2025)
- ★ Reduce physical and psychological distress (Bharadwaj, 2021)

HOW DOES ONE BEGIN ADVANCED CARE PLANNING?

- ★ Start early
- ★ Terminal Illness
- ★ More than code status
- ★ Ask for consent
- ★ Try magic questions (Dinescu, 2021)
- ★ Natural Language Processing Approach (Knoll et al., 2024)
- ★ Death realizations (Kitt-Lewis, et al., 2024)

“It helps me to be a better therapist for you when I know about you as a person.
1. Tell me about yourself (your loved one).
2. What makes you (or your loved one) happy these days?
3. What worries you (or your loved one) for the future?”

WHAT HEALTHCARE ENTITY OR SETTING HANDLES ACP?

Currently Embodied Capacities

- ★ Trusted relationships (Dinescu, 2021)
- ★ VA Initiative (Mirarchi et al., 2019)
- ★ ReSPECT (Robinson & Paes, 2025)
- ★ Palliative Care (Bharadwaj, 2021)
- ★ Case Management (Hubbell, 2017)

Capacity Expansion Ideas

- ★ Prisons (Kitt-Lewis, et al., 2024)
- ★ Unrepresented Patient Mitigation (Sperry et al., 2020)
- ★ Unhoused Folk (Hubbell, 2017)

AWARENESS OF SOCIAL PRIVILEGES IN ACP

Colonized Areas for Inclusion

- ★ BIPOC communities (Bharadwaj, 2021; Evans et al., 2011; Hubbell, 2017)
- ★ Women's Health (Dinescu, 2021)
- ★ Women participation (Yadav, 2017)
- ★ English proficiency (Sudore, 2018)

De-Colonizing Approaches

- ★ Ask for their thoughts about ACP
- ★ Understand family roles
- ★ Diagnosis disclosure (Bharadwaj, 2021)
- ★ Accessibility (Hubbell, 2017)

“ 1. What are your thoughts on advanced directives?
2. I have noticed that you typically bring your family members to appointments. What do you see as their role in decision-making at this point in your care?
3. What do you view as the role of your children in supporting your health-care plan?
4. In some cultures, patients prefer that providers disclose serious diagnoses to family members instead of the patient directly. How would you like me to handle sharing information regarding serious diagnoses?
5. If patients say that they would prefer that serious or terminal diagnoses be shared with a family member instead of themselves, please confirm the name and contact information for the designated contact for disclosure.”

CLINICIAN METACOGNITION AND SOMATIC AWARENESS TRAINING

What is metacognition?

- ★ Self-Monitoring and self-regulation (Despres, et al., 2024)
- ★ Continually Develop (Stanton et al., 2021)

What is somatic awareness?

- ★ Intuitive, unconscious processing (Bon, 2025)
- ★ Visceral Responses (Price & Weng, 2021)

METACOGNITIVE AND SOMATIC STRATEGY INTEGRATION

Adeline Elise is a 34 year old woman in post trauma recovery from a recent bout of anorexia nervosa. Given her near death experience with the recent lapse of anorexia, she has expanded her perception of existing, what it means to die, and has a desire to initiate advanced care planning for her life.

Round 1 Integration: Metacognition
Round 2 Integration: Somatic Awareness

COMMUNITY INITIATIVE COLLABORATION TIME

- Prompt #1:
 - In what ways are you already addressing ACP OR if you are not, describe how you envision yourself starting?
- Prompt #2:
 - Share your ideas in regards to unconventional contexts in which we could build systems/processes for advanced care planning.



“Hope is about taking action in spite of it all. It’s about saying: “I will do my bit,” and then when we join those bits together, we make a movement.”

-Jane Goodall

THANK YOU!

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