

What Steps Should I Follow to Complete My Advance Care Plan?

We recommend considering the following six steps to complete your Advance Care Plan:



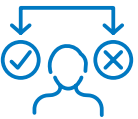
THINK

What are my core values, personal wishes, beliefs, and preferences for quality of life? What matters most to me?



KNOW

Learn about the various types of life-sustaining treatments that are available.



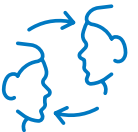
CHOOSE

Your medical decision maker is someone who can make healthcare decisions on your behalf if you are unable to do so yourself.



DECIDE

Determine the type of healthcare you desire. This ensures that those caring for you will not have to guess your preferences if you are unable to communicate them yourself.



TELL

Share your wishes and decisions to your family, friends, and healthcare provider.



RECORD

Complete your advance directives to document your wishes, choices, and the details of your medical decision maker in writing.

We have developed the “My Care Choices” form to help you easily outline your treatment preferences and choices. We encourage you to use this form to support your ACP.

What Happens If I Arrive at the Hospital Unconscious Without an ACP?

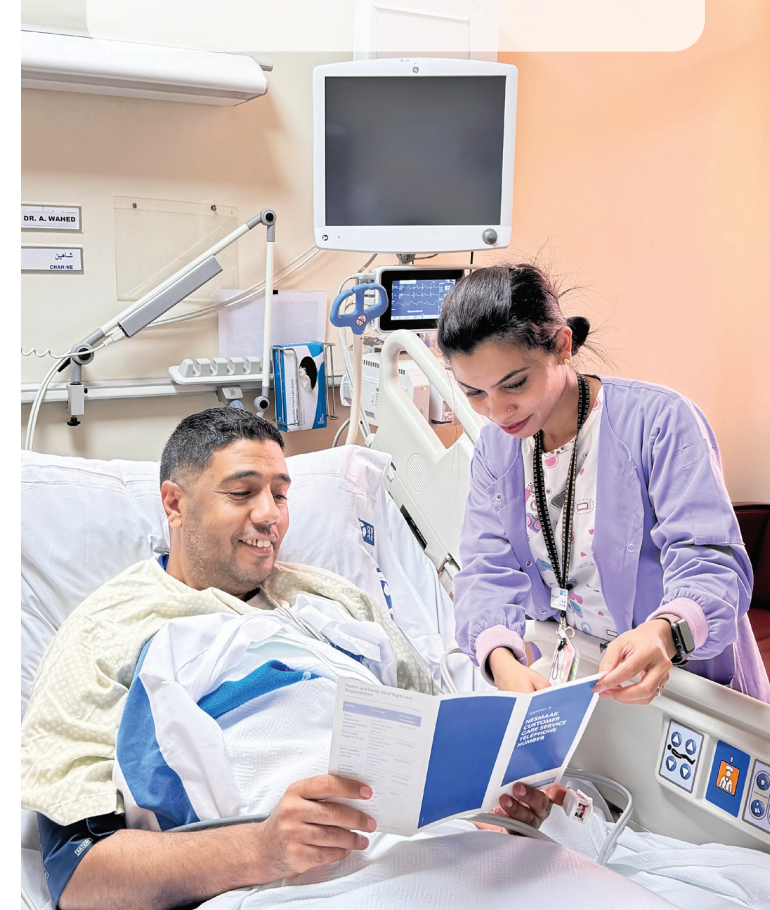
If you arrive at the hospital unconscious and do not have an Advance Care Plan in place, the healthcare team, including your primary doctor, will make decisions based on your medical condition and in consultation with your first-degree relatives. They will consider what is known about your values and preferences, but without a formal ACP, the decision-making process may be more challenging for your family and medical team.

Scan this QR code to learn about our Advance Care Planning



Advance Care Planning

Making Sure Your Wishes Are Known and Honoured In Case You Cannot Speak for Yourself



مستشفى القلب
Heart Hospital

عضو في مؤسسة حمد الطبية
A Member of Hamad Medical Corporation



Advance Care Planning

It is important to maintain control over what happens to you, both now and in the future. If you become unable to make decisions for yourself, having a plan in place ensures you have a say in your future health care and personal care decisions. This is called Advance Care Planning (ACP), a process where you consider and share your values, beliefs, and wishes to support informed health care and personal care decision-making. This gives you the best chance of receiving care that aligns with your preferences.

ACP is entirely voluntary, and you can initiate, delegate, defer, or discontinue it at any time. The most crucial aspect of ACP is naming a Medical Decision Maker and having a conversation with them. Your Medical Decision Maker will only act if you are unable to speak for yourself.

What Are the Benefits of Advance Care Planning (ACP)?

For You as a Patient:

- ACP enables you to learn about various life-sustaining treatments available, empowering you to make well-informed decisions.
- You can specify which treatments you would or would not want if diagnosed with a life-limiting illness.
- ACP ensures that your values and preferences are known and considered during treatment decisions, especially in emergencies or if you become unable to participate in decision-making.

For Your Family and Loved Ones:

- Your family and friends will have a shared understanding of your care goals and confidence in maintaining them over time.
- Your loved ones will gain peace of mind, have fewer future burdens, and reduced anxiety.



Who Can Be Your Medical Decision Maker?

- A medical decision maker is someone you trust to make healthcare decisions on your behalf if you are unable to do so yourself.
- This person will act as your advocate, making choices aligned with your values, beliefs, and preferences regarding your care.
- An ideal medical decision maker might be a close family member, such as a first-degree relative, or a trusted friend who:
 - * Is 18 years of age or older,
 - * Can discuss your wishes with you,
 - * Is available to support you when needed,
 - * Will honor your preferences and act in your best interest,
 - * Is knowledgeable about your medical information,
 - * Can communicate with your doctors and advocate for your wishes.

How Many People Can I Choose as a Medical Decision Maker?

Selecting a single person as your decision maker can be challenging. While you can choose more than one individual, it is strongly advised to designate one primary decision maker and one secondary decision maker. Having multiple decision makers can complicate consensus on medical decisions.

Note: The secondary decision maker steps in if the primary decision maker is unavailable or unable to fulfill the role.

