NOTES

THE REALITIES OF ADVANCED MEDICAL INTERVENTIONS

MAKE YOUR *Wishes* KNOWN

The Realities of Advanced Medical Interventions

2017 QUARTERLY SCHEDULE

St. Luke's Health Education Center, Room C,
3333 Squalicum Parkway, Bellingham

Free • Plenty of Parking • ADA Accessible

JUNE 14, 2017 • 6:00PM
SEPT 27, 2017 • 6:00PM
DEC 14, 2017 • 1:00PM

Koala and Cathy, experienced ICU nurses, discuss in frank terms the meaning of "advanced medical interventions." Actual patient outcomes are explained. Some equipment used will be available for viewing. This is an interactive session, allowing for questions and dialogue. The nurses present in layperson's terms the realities of what these "interventions" mean to average people and their families. Advance care planning, completing advance directives, and the importance of community-based palliative care are discussed.

Helping others understand how you'd like to live out your final days is the biggest gift you do for yourself as well as those you leave behind. Help us make sure your wishes are known and understood and mention to your doctor that you'd like to complete an advance directive.

– Scott Foster, MD, MPH, Chief Medical Executive, PeaceHealth Medical Group

PeaceHealth

"The Realities of Advanced Medical Interventions" supports good decision-making before an accident or serious illness occurs. This presentation is a conversation starter to help you prepare to talk to your family, friends and to your doctors so that you can make your wishes known.

– Micki Jackson, advocate for Advance Directives & community-based Palliative Care

Glossary of Terms

CPR - cardiopulmonary resuscitation - chest compressions (100 per minute) to keep blood flowing when the heart stops.

Dialysis - an artificial kidney machine that removes fluid, and waste products from the blood.

DNI - Do Not Intubate; do not place a breathing tube in the windpipe to connect to the ventilator.

DNR - Do Not Resuscitate; also called NO Code - no CPR or shocking.

Feeding tube - a narrow tube inserted into the nose down into the stomach so liquid nutrition can be given; used when people can't swallow safely.

Intubation - placing a tube down the throat into the lungs. The tube is connected to the ventilator.

Mechanical ventilation - using a machine called a ventilator to give breathing support through a tube into the lungs. The machine is also called a respirator.

Palliative care - specialized medical care for people with serious illness; care is focused on providing relief from symptoms and stress, with a goal to improve quality of life for both the patient and the family. Provided by a specially-trained team of doctors, nurses and other specialists who work with a patient's other doctors. It is appropriate at any age and at any stage in a serious illness, and it can be provided along with curative treatment.

PEG tubes (feeding tubes) - placed through an incision directly into the stomach. PEG is the acronym for Percutaneous Endoscopic Gastrostomy.

Perfusion - the circulation of blood in the body that delivers oxygen to vital organs and removes carbon dioxide.

POLST - Physician Order for Life Sustaining Treatment; a doctor's order form that lists what treatments you want.

Pressors - IV drugs to raise low blood pressure, these drugs act like adrenalin. They cause blood vessels to squeeze blood back to the heart so it can be circulated to the organs.

Tracheostomy - a breathing tube that is placed through an incision into the trachea (windpipe) to help breathing. Often connected to the ventilator. May be temporary or permanent.

The Realities of Advanced Medical Interventions
Cathy, RN, BSN; Koala RN; both Certified Critical Care nurses
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NOTES

THINGS FOR ME TO DO:

1. Have values-based conversations with friends and family.
2. Identify decision making surrogate(s) who will honor my wishes.
3. Initiate Advance Care discussions with Health Care Providers.
4. Complete an Advance Directive routinely.

For additional resources: pci.wwu.edu