



Advance Care Planning

Advance Care Planning is the process of thinking and talking about future medical decisions if you had a sudden event, like a car accident or illness, and could not make your own decisions. The best time to make these decisions is when you can choose for yourself.

Health Care Agent

A Health Care Agent is the person you choose to make medical decisions on your behalf if you are unable to make your own decisions. Discussing and sharing your wishes with your Health Care Agent is important.

Advance Directive for Health Care

An Advance Directive is a written plan that names your Health Care Agent and allows you to provide instructions for health care treatments based upon your values and what is important to you.

For more information about Advance Care Planning or for help creating an Advance Directive for Health Care, contact your health care team or Honoring Choices® Idaho.

HonoringChoicesIdaho.org

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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 an emergency procedure that involves pressing repeatedly on a person's chest and forcing air through his or her mouth. CPR may also include giving medicine, or using special equipment to give electrical shocks to the heart, or placing a tube down the throat to help with breathing.

Code Status

How health care providers describe procedures that may be done if a person's heart and lungs stop working.

Full code means CPR is attempted.

DNR (do not resuscitate) means CPR is not attempted, but includes comfort care. Other terms for DNR include *allow natural death* or *do not attempt resuscitation*.

Comfort Care

May include oxygen and medicine to relieve pain and symptoms, but does not include breathing machines, artificial hydration and nutrition. Comfort care can be provided in any setting.

Dialysis

A machine that cleans 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

A team of specialists who promote quality of life when a person nears the end of life. Hospice teams offer relief from the physical, emotional, and spiritual pain that can come with a terminal illness and other conditions. Hospice can be provided in most settings.

**Additional information is available from your health care team and Honoring Choices® Idaho (honoringchoicesidaho.org/guides/)*

See other side for more information.

Intravenous (IV) line*

A narrow, flexible plastic tube placed in a vein using a needle. An IV line delivers fluids, medicine and blood.

Palliative Care

Specialized medical care for people with serious illness. This type of care is focused on providing relief from the symptoms of a serious illness. The goal is to improve quality of life for both the patient and the family.

Physician Orders for Scope of Treatment (POST)

A POST form is for people with serious illness. A POST is a medical order created by you with your health care provider to describe specific medical treatment decisions. A POST form is not a replacement for an Advance Directive and does not name a Health Care Agent. Ask your health care provider for more information.

Ventilator*

A 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.

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