



Choosing Your End of Life Health Care Treatments

If you are terminally ill, you may eventually be unable to communicate your health care wishes to your doctor. Some people want everything done to keep them alive for as long as possible; many people do not.

If you are conscious and mentally competent, you will be able to tell the doctor what treatments you do or do not want. However, if you do not have the ability to make your own health care decisions, someone else will be making those decisions for you. If you have not yet done so, it is important to fill out a health care proxy form, specifying the person who will make those decisions. You should also discuss your goals of care and treatment choices with that person, your loved ones and your doctors.

This form can be used to help your health care agent know what health care choices he or she should make for you. It will be a great relief to your loved ones to know your wishes, rather than having to guess what you would want. It will also give you peace of mind to know you have done everything possible to state your preferences. In addition to giving this form and your health care proxy form to your health care agent, you should also give copies to your doctors, family members, and close friends.

Various treatments are listed below that could be used to extend your life. Indicate which of these treatments you would or would not want if you lose the ability to communicate, are expected to die within six months or less, and have very little chance of recovery. ("Trial period" means doctors may try the treatment for up to two weeks to see whether it reverses your condition. If it does not, you want it discontinued.)

Mechanical ventilation (a machine that helps you breathe if you can not breathe on your own)

Yes No Trial period

Cardio Pulmonary Resuscitation (using rescue breathing and chest compressions to provide oxygen and keep blood flowing)

Yes No Trial period

Defibrillation (administering an electrical shock to your heart to restore it's normal rhythm)

Yes No Trial period

Artificial nutrition and hydration provided by a feeding tube inserted in the stomach (if you are unable to eat and drink)

Yes No Trial period

Artificial nutrition and hydration delivered intravenously (if you are unable to eat and drink)

Yes No Trial period

Hand feeding (if you are able to eat and drink but unable to feed yourself)

Yes No Trial period

Blood transfusions (to replace lost components of your blood)

Yes No Trial period

Antibiotics (to treat infections)

Yes No Trial period

Surgical procedures (other than as needed for comfort)

Yes No Trial period

Dialysis (a machine that filters your blood if your kidneys are not working properly)

Yes No Trial period

Which is your top priority? (Circle one)

Living as long as possible

Staying free from pain and discomfort, even if it means being kept comfortable might hasten my death

Name _____

Signature _____

Date _____