



North Coast Physician

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Cover Photo

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Update on Humboldt Advance Care Planning Coalition (ACP)

Jennifer Heidmann, M.D.



The Humboldt ACP Coalition formed a few years ago to improve the completion rate of advance care planning in our community. We started with a grant-funded event at the Arcata Community Center with a screening of the documentary “Being Mortal”, followed by discussion and playing the card game “My Gift of Grace” (now named “Hello”). This game consists of questions that open the conversation about goals and wishes relating to end of life care, from the mundane to the existential. It was amazing to watch about 150 people playing this in small groups during the event. People were clearly hungry to approach this difficult subject.

Since then, we have hosted various events around the community, some large, some small. We have helped people complete their directives with the assistance of notary publics. The overall goal remains normalizing the conversation and trying to get people motivated to plan for the future.

Hum ACP was awarded a sizable grant

last year to continue this work, and the grant period will be ending August 30, 2019. Under the leadership of Karen Ayers, ACNP, we have been able to expand our outreach. Our coalition has grown and now includes people from southern Humboldt. After the grant period, we will continue to meet and, we hope, to keep the momentum.

We have feedback from our colleagues in healthcare that it would be useful having more education around the end of life option act (EOLOA), which became law in 2015. This act allows people in California to receive medication for assisted suicide under very specific guidelines. To meet the request for more education, Hum ACP will host an event Saturday October 12 from 8AM-2PM at Hospice of Humboldt, bringing in experts to discuss the EOLOA.

If you have not yet done so, I recommend every clinician and human

being read the book *Being Mortal* by Atul Gawande, MD, a Harvard surgeon and excellent writer. This book dives more deeply into aging in America and how we approach “Goals of Care” with people with serious illness and with people who die. That is to say, all of us. He states “Hope is not a plan”. This means we must remain hopeful as well as have open discussions and learn what is important to us (and to our patients), particularly in the face of serious illness. When you can look at someone and say to yourself “I’ll not be surprised when they land in the hospital in the next 6 months”, it is definitely time to have a frank discussion about goals of care.

If you are interested in more information on the Humboldt ACP Coalition, or the EOLOA event, please see the website www.humboldtacpcoalition.com or email humacpcoalition@gmail.com.



FRIDAY PM ROUNDS

(Save The Dates)

SEPTEMBER 6, 2019

HOST: May Hong, M.D. / Long Le, M.D.

Welcome Residents!

LOCATION: Merryman’s Beach House, Trinidad

OCTOBER 4, 2019

HOST: Lei Han, M.D.

LOCATION: The Eureka Inn

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PLEASE RSVP SO HOSTS KNOW HOW TO PLAN

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