

Let's Talk: Advance Care Planning for Cancer Patients during the COVID-19 Pandemic

In light of a serious outbreak of this virus, we are asking everyone to reflect on their Advance Care Planning: your wishes, goals, and fears relating to your health. **People who think through what is important to them and what their wishes are often feel less anxious, more at peace, and more in control.** It also helps the people who support you to make the decisions you would make for yourself if you were not able to.

Please take time to think about these questions:

- What would you like to know about your illness, COVID-19, and what may happen if you were sick?
- What information do you need to help you make decisions about your future?
- How do you like to make decisions? Who would you like to help you?
- What are you afraid of about your illness and COVID-19?
- Are there some kinds of medical care you may not want? What makes you feel that way?
- How do you feel about sharing these thoughts and feelings with the people who support you?
- If you have not already asked someone to be your substitute decision maker, who could fill that role?

If you have any of the following, let us know:

- No Cardiopulmonary Resuscitation (CPR) form (also known as “DNR”)
- Medical Order for Scope of Treatment (MOST) form
- Advance Care Plan
- Advance Directive
- Representation Agreement

If you do not have any of these, or have questions about them, you can find information at:

- **HealthLink BC:**
<https://www.healthlinkbc.ca/health-feature/advance-care-planning>
- **Government of B.C. Advance Care Planning:**
<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning>

You may find it helpful to have someone with you or on the phone when you read about these. You are also welcome to call BC Patient & Family Counselling at your cancer centre if you have further questions.

Why is this important?

We need to support each other at this difficult time, and to make the best decisions for us, our loved ones and our communities.