

**“In All of Our Living: Our Personal Values in Health Care Decisions:
Including End of Life Decisions”**

United Church of Santa Fe

Fall Seminar 2019

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Session 3: Accessing/Navigating Today’s Health Care System

Reflection/References:

- May Sarton Reading from – “As We Are Now” (1973)

Questions – comments/reactions from last week???

Discussion – Week 2: Report from Groups –

Activities: select someone to report out to group

- Read/review document
- What questions does the form raise?
- Does reading or possibly using this form raise issues of concern, discomfort or hesitations for you?
- Could you use this form? If not, what are some of your objections?

Selected Advance Directive Forms

- Five Wishes
- Christus St. Vincent – “My Right to Decide”
- NM MOST – (Medical Orders Scope of Treatment)
- NM Advance Directive Form

If you have an Advance Directive:

- What form have you used?
- Who did you fill it out with?
- Who knows your wishes?
- Who has copies?
- How long ago did you execute?

Session 3: November 6 & 7

Navigating Today's Health Care System

- What has been your experience(s) with hospitals in general; with self, family, friends
- What has worked well; obstacles you've encountered
- What has been your biggest frustration?
- What would you have liked to know before experience; what have you taken away that will inform future experiences?
- What information should/would you like to have had?
- What could your physician/nurse have done to make experience better/less challenging?
- What gaps in care/fears did you experience?
- How to choose a health care provider
- What questions to ask?
 - What are options
 - Pros and cons of options
 - Risks and benefits
 - Second opinion
- Expectations from a visit/hospitalization
- What do you do to prepare for a visit to your health care provider?
 - Create a health history/profile
 - Bring copy of history/profile; current medications
 - Bring someone with you if possible
 - Take notes
 - What are your concerns
 - Ask for copies of documents; e.g., consent forms
- Have you given any thought if you had an emergency admission

References/Resources:

- Christus Saint Vincent – Community Palliative Care Flyer
- <https://theconversationproject.org/>
- <https://theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-TalkToYourDr-English.pdf>
- Lazarus LW. (2013). Getting the Health Care You Deserve: In America's Broken Health Care System.
- Hammes BJ. (2012). Having Your Own Say: Getting the Right Care When it Matters Most