

# Advance Care Planning Glossary of Words

## Advance care planning

This is the process of giving information to others about your health care choices in case illness or injury prevents you from telling them yourself.

What to share includes care and treatment you do or do not want, and your wishes, goals and values and how they relate to your health care choices for the future.

## Artificial nutrition and hydration

Liquid food and fluids are given through a tube when you can no longer take them by mouth. The tube may be placed in a vein (intravenous fluids) or in your stomach (tube feeding).

## Cardiopulmonary resuscitation (CPR)

CPR is a life-saving treatment used to attempt to restart your heart and lungs if they stop. CPR uses rescue breathing (someone breathing into your mouth) and chest compressions (someone pressing on your chest) to try to revive you.

Also, you may need medicines and electrical shock to your heart from a defibrillator machine.

## Care circle

Family, friends and others close to you who will be helping you with your care.

## Comfort measures

The main goal of this medical care is to keep you comfortable rather than extend your life. Comfort measures are used to relieve pain and other symptoms.

## Decision making capacity

The ability to take in information, understand its meaning and make an informed choice.

## Dialysis

A treatment that removes waste from your body usually done by your kidneys. Dialysis is needed when your kidneys can no longer take care of your body's needs.

## Health care agent

Your health care agent is a trusted person chosen by you to make health care decisions on your behalf only if you are unable to make decisions yourself.

## Health care directive

A legal form you complete to describe choices for future health care if you become unable to make these decisions yourself.

## Hospice care

This is care for anyone with a terminal illness who is likely to live 6 months or less if the disease runs its natural course.

Hospice services may be available any place you call home. This can include your home, a hospital, or in an assisted living, skilled nursing facility, long-term care facility or residential hospice.

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### **Intravenous (IV) fluids**

A fluid is given through a small plastic tube (catheter) inserted directly into your vein.

### **Intubation or intubate**

A tube is placed down your windpipe to help with breathing. Intubation is needed for mechanical ventilation.

### **Mechanical ventilation**

Mechanical ventilation is used to support or replace the function of your lungs. A ventilator (or respirator) is a machine attached to a tube inserted into your mouth and then into your windpipe. It forces air into your lungs.

### **Palliative care**

This is care that provides relief from the symptoms, pain and stress of a serious illness. The goal is to improve quality of life for both you and your family. A care plan is created to help you live each day to the fullest and be as independent and comfortable as possible.

### **Tube-feeding**

Liquid food and fluids are given through a tube placed in your stomach. For short-term needs, the tube (nasogastric or NG-tube) is placed into the nose, down the throat and into the stomach. For long-term feeding needs, the tube is placed directly into the stomach (gastric tube or G-tube).