

COMPARISON OF COMMONLY USED ADVANCE DIRECTIVES IN WASHINGTON

<p style="text-align: center;">Natural Death Act Health Care Directive</p>	<p style="text-align: center;">The Five Wishes</p>	<p style="text-align: center;">End of Life Washington's Advance Directive</p>
<p>Pro</p> <ul style="list-style-type: none"> Widely available online or from medical providers at no charge. <p>Pro or Con</p> <ul style="list-style-type: none"> Simple and concise; only two pages long. <p>Con</p> <ul style="list-style-type: none"> Limited to terminal conditions only. No dementia provisions. Not specific enough about what treatments a patient does/doesn't want and when the patient does/doesn't want them. Requires an additional document, a Durable Power of Attorney (DPOA) for healthcare, to name a healthcare agent. Includes a statement that some people find objectionable. ("If I have been diagnosed as pregnant and that diagnosis is known to my physician, this directive shall have no force or effect during the course of my pregnancy.") <p>Notes</p> <ul style="list-style-type: none"> Created by Washington's legislature; RCW 70.122.030 Most commonly used healthcare directive in Washington; used by hospitals, attorneys, the Washington State Medical Association, Group Health, Caring Connections (a program of the National Hospice and Palliative Care Organization), and many others. Vague, outdated, and not recommended. <p style="text-align: center;">Not recommended</p>	<p>Pro</p> <ul style="list-style-type: none"> Easy to understand, with embedded directions. Applies to both terminal and nonterminal conditions. Combines the DPOA for healthcare and healthcare directive. Provides details about what treatments a patient does/doesn't want and when. Available in 24 languages. Includes dementia and coma provisions. Provides space to customize decisions. <p>Pro or Con</p> <ul style="list-style-type: none"> Includes a significant amount of nonmedical information (being massaged, having your favorite music played, and how you want to be remembered). Eight pages long including instructions. Prohibits any form of aid in dying. Unless statement in Wish 2 is crossed out, indicates that you would want pain medication only to the point of being drowsy or sleeping more than you would otherwise. <p>Con</p> <ul style="list-style-type: none"> \$5, and another \$5 for the <i>Next Steps</i>. Wish 2 includes a "stealth" antichoice statement that can create a profound internal conflict within the document. (<i>"I do not want anything done or omitted by my doctors or nurses with the intention of taking my life."</i>) Inconsistent; asks you to cross out statements you don't agree with under some Wishes, but not others (Wish 2, in particular). <p>Notes</p> <ul style="list-style-type: none"> The Five Wishes conforms to the end-of-life provisions included in the <i>Ethical and Religious Directives for Catholic Health Care Services</i>. End of Life Washington strongly recommends that users cross out the problematic statement in Wish 2 and initial and date it. After elimination of its internal conflict, Five Wishes is a good, all-purpose advance directive. Available from www.agingwithdignity.org or toll-free 888.594.7437. <p style="text-align: center;">Not recommended unless internal conflict is eliminated</p>	<p>Pro</p> <ul style="list-style-type: none"> Applies to terminal and nonterminal conditions. Includes clearly worded dementia provisions. Combines the DPOA for healthcare and healthcare directive. Uses clear language about what you want/don't want and when you want/don't want it. Free; download from End of Life Washington's website or by request. Available in large-print version. Includes an option for avoiding all life-sustaining or life-prolonging treatment under any circumstances (for the very elderly or people who wish to allow a natural death; e.g., people with Alzheimer's). The coma and persistent vegetative state provisions allow you to set time limits. Affirms your healthcare agents' rights to make a Physician Orders for Life-Sustaining Treatment (POLST) form on your behalf. Allows for an additional statement of values. Uses very specific terminology to prevent subjective interpretation. Instructions include what to do after completing your advance directive. <p>Pro or Con</p> <ul style="list-style-type: none"> Comprehensive and detailed; a five-page document accompanied by instructions. Includes a provision for requesting maximum pain and comfort care, even if it might hasten your dying process. Contains no antichoice statements. <p>Notes</p> <ul style="list-style-type: none"> The most appropriate document for those who want to express specific wishes and those who have been diagnosed with dementia or Alzheimer's. End of Life Washington's advance directive packet includes additional information about advance planning, including how to talk to your family about dying. Available from www.EndofLifeWA.org or toll free 877.222.2816. <p style="text-align: center;">Recommended</p>