

# *It Always Seems Too Early, Until It's Too Late*



“Helping others understand what care and treatments you would want if you were unable to communicate yourself is the biggest gift you give yourself as well as those you leave behind. Help us make sure your wishes are known and understood and mention to your doctor that you'd like to complete an advance directive.”

- Scott Foster, MD, MPH,  
Chief Medical Executive,  
PeaceHealth Medical Group

“Realities of Advanced Medical Interventions’ supports good decision-making before an accident or serious illness occurs. This presentation is a conversation starter to help you prepare to talk to your family, friends and to your doctors so that you can make your healthcare wishes known.”

- Micki Jackson, advocate for  
Advance Care Planning &  
Community Palliative Care

## Resource Contacts for Assistance with Advance Care Planning

### **Hilary Walker**

*PeaceHealth Program Coordinator for Advance Care Planning | Palliative Care*  
360-752-5267 | [hwalker@peacehealth.org](mailto:hwalker@peacehealth.org)

### **Advance Care Planning Volunteers & Facilitators**

*Whatcom Alliance for Health Advancement*  
360-788-6594 | [info@whatcomalliance.org](mailto:info@whatcomalliance.org)

## Information on Realities of Advanced Medical Interventions

### **Micki Jackson**

*Coordinator | [micki98226@aol.com](mailto:micki98226@aol.com)*



## THE REALITIES OF ADVANCED MEDICAL INTERVENTIONS



*Bill Lombard and Rebecca Rech Cutler will present in frank terms the meanings of advanced medical interventions, as well as what their outcomes could mean for patients in the short and long term. Advance care planning, advance directives, and the importance of palliative care are discussed. These interactive sessions allow for Q&A.*

## — 2018 Quarterly Schedule —

St. Luke's Health Education Center,  
Room A, 3333 Squalicum Parkway

**June 6, 2018, Wednesday, 6:00PM**  
Presenter: Rebecca Rech Cutler, BSN, RN, CRRN, CHPN

**October 3, 2018 Wednesday, 6:00PM**  
Presenter: Rebecca Rech Cutler, BSN, RN, CRRN, CHPN

**December 5, 2018 Wednesday, 10:00AM**  
Presenter: Bill Lombard, MD

**Rebecca Rech Cutler**, BSN, RN, CRRN (Certified Registered Rehabilitation Nurse), CHPN (Certified Hospice and Palliative Nurse).

Rebecca has been a RN for 30 years with 15 years of Home Health and 5 years of Hospice experience.

**Bill Lombard, MD**

Nephrologist, and medical director, DaVita Mount Baker Kidney Center. Dr. Lombard has been practicing in Whatcom County for over 35 years.



# Glossary of Terms

**CPR (Cardiopulmonary resuscitation)** - Chest compressions (100 per minute) to keep blood flowing when the heart stops.

**Dialysis** - An artificial kidney machine that removes fluid, and waste products from the blood.

**DNI (Do Not Intubate)** - Instructs to not place a breathing tube in the windpipe to connect to the ventilator.

**DNR (Do Not Resuscitate)** - Also known as No Code, or no CPR or shocking. Instructs to not perform CPR or advanced cardiac life support (ACLS).

**Feeding Tube** - A narrow tube inserted into the nose down into the stomach so liquid nutrition can be given; used when people can't swallow safely.

**Intubation** - Placing a tube down the throat into the lungs. The tube is connected to the ventilator.

**Mechanical Ventilation** - Using a machine called a ventilator to give breathing support through a tube into the lungs. The machine is also called a respirator.

**Palliative Care** - Specialized medical care for people with serious illness. Care is focused on providing relief from symptoms and stress, with a goal to improve quality of life for both the patient and the family. Provided by a specially-trained team of doctors, nurses and other specialists who work with a patient's other doctors. It is appropriate at any age and at any stage in a serious illness, and it can be provided along with curative treatment.

**PEG (Percutaneous Endoscopic Gastronomy) Tubes** - Feeding tubes placed through an incision directly into the stomach.

**Perfusion** - The circulation of blood in the body that delivers oxygen to vital organs and removes carbon dioxide.

**POLST (Physician Order for Life Sustaining Treatment)** - A doctor's order form that lists what treatments you want or don't want.

**Pressors** - Intravenous (IV) drugs to raise low blood pressure, these drugs act like adrenaline. They cause blood vessels to squeeze blood back to the heart so it can be circulated to the organs.

**Tracheostomy** - A breathing tube that is placed through an incision into the trachea (windpipe) to help breathing. Often connected to the ventilator. May be temporary or permanent.

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