

Advance Care Planning and COVID-19: A Guide for Residents and Families

What is COVID-19 and how does it affect nursing facility residents?

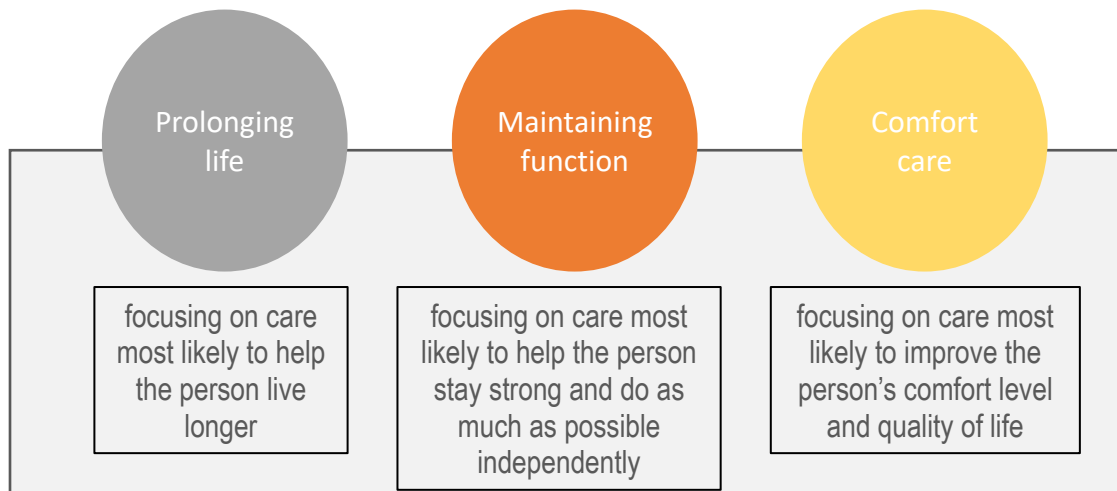
COVID-19 is a respiratory virus. Symptoms include fever, cough, shortness of breath, and fatigue. About 80% of residents with COVID-19 will get sick but survive. About 15-20% of residents with COVID-19 will get really sick and die. Residents who are the most frail and/or who have advanced chronic health conditions will have an even higher risk of death regardless of the type of treatment they receive.

Why is advance care planning more important than ever?

Nursing facility residents are at high risk of getting COVID-19 and needing treatment and support. The more severe complications of COVID-19 require urgent decision-making. Advance care planning (ACP) is the process of talking about values, goals, and treatment preferences ahead of time. ACP conversations can help prepare you for these decisions. This is especially important if you prefer to *avoid* invasive life-prolonging treatment. Identifying these goals and documenting them will help ensure treatments are provided only when aligned with your wishes.

What goals are most important to consider?

Understanding which goal is most important to you can help you make treatment decisions that reflect these goals. Below is an overview of three general goals of care. What goal is most important to you right now?



What if my goal is to prolong life?

We will do all we can to honor your preferences. There may be other factors outside our control such as hospital resources that may limit options in some circumstances.

What can you do to treat COVID-19 in the nursing facility?

We will make sure there is a plan to treat all residents for symptoms including cough, shortness of breath, and fever. Residents with possible or confirmed COVID-19 may be moved in order to isolate them from other residents. For residents who prefer comfort care, we will avoid transfer if at all possible.