

# HONORING CHOICES® NORTH DAKOTA (HCND)

A non-profit organization with the initiative to improve advance care planning across the state



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## ADVANCE CARE PLANNING (ACP) - IT'S ABOUT THE CONVERSATION

Spring is just around the corner and the board of Honoring Choices® North Dakota has been working eagerly to promote advance care planning (ACP) across the state. Please join us for our educational offerings, either to become an ACP Facilitator, learn more about the POLST paradigm, or both! We want to extend our sincere gratitude to those who have registered for the events, continue to share information about HCND, and to those who have reached out inquiring about advance care planning information and resources.

Advocating for ACP throughout North Dakota requires an interprofessional effort in healthcare. We want to draw your attention to National Healthcare Decisions Day, which is a collaborative movement to inspire, educate and empower individuals to engage in ACP. Go to pages 2-4 of this newsletter to learn more about how you can engage your patients and others in ACP!

# National Healthcare Decisions Day (NHDD) - April 16

National Healthcare Decisions Day exists to inspire, educate, and empower the public and providers about the importance of advance care planning. NHDD was founded by Virginia-based health care lawyer, Nathan Kottkamp, in 2008 with the goal of providing clear and consistent information related to healthcare decision-making to both the public and healthcare providers. Moreover, Kottkamp aimed to increase the availability of information as well as the dissemination of simple, free, and uniform tools (not just forms) to guide the process.



In 2016, The Conversation Project (TCP) became responsible for the management, finances, and structure of NHDD. The Conversation Project is an initiative of the Institute for Healthcare Improvement, a not-for-profit organization that is a leader in health and healthcare improvement worldwide.

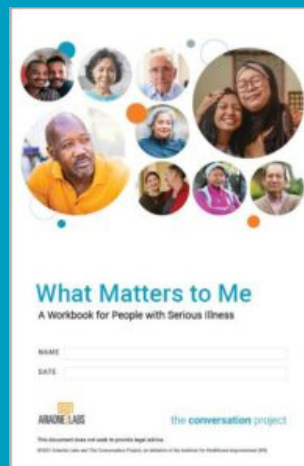
NHDD does not only focus on end-of-life care but is meant to reach a broader spectrum so that every individual may have their health care wishes met.

Have you had the conversation?

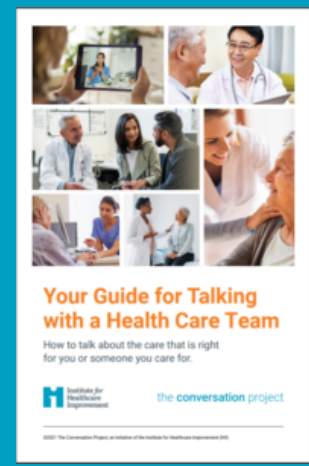
## Patient Resources from The Conversation Project



[Your Conversation Starter Guide](#)



[What Matters to Me Workbook](#)



[Your Guide for Talking with a Healthcare Team](#)

# National Healthcare Decisions Day

## Frequently Asked Questions

### Why is National Healthcare Decisions Day happening?

NHDD exists to “to inspire, educate and empower the public and providers about the importance of advance care planning.”

### Why is NHDD targeted at the public and providers?

All adults should discuss and document their healthcare wishes in the event of a crisis. Accidents and acute illness can happen to anyone at any time, but far too few adults have done anything to plan ahead.

It is well known that providers can do a better job of raising the topic of advance care planning and incorporating patient’s wishes into their delivery of care.

NHDD offers a chance to address both these populations at the same time.

### Why is NHDD on April 16?

It was inspired by Benjamin Franklin’s quip that “nothing in life is certain but death and taxes.”

### Is NHDD only about end-of-life decisions?

No. NHDD encourages all adults to discuss and document their wishes for any event in which they cannot speak for themselves.

### How many Americans have engaged in advance care planning?

Various studies suggest that only about a quarter of all adults have engaged in advance care planning.

### Is it difficult to engage in advance care planning?

No. There are all sorts of free tools that are available to start and structure the conversations, and free advance directive forms for every state and several particular interests are available to document the discussion. These are all available at [www.nhdd.org](http://www.nhdd.org). Specifically, the short videos are an excellent way to start the conversation with loved ones.

*While 92% of Americans say it’s important to discuss their wishes for end-of-life care, only 32% have had such a conversation. 95% of Americans say they would be willing to talk about their wishes, and 53% even say they’d be relieved to discuss it (The Conversation Project National Survey, 2018).*

# Patient Education Resources from Honoring Choices® North Dakota

Honoring Choices® North Dakota (HCND) has created numerous documents to aid in advance care planning (ACP) conversations with patients. HCND has also created educational handouts for patients, which review various health care interventions and simplistically explain medical terminologies that are frequently used in ACP conversations.

## Available Patient Education Handouts:

- General Guide
- Artificial Hydration and Nutrition
- Health Care Agent
- Help with Breathing
- Implantable Cardioverter Defibrillator (ICD)
- Terms to Know
- The Basics of CPR
- COVID-19 Information
- Dialysis
- Advance Care Planning Conversation Guide

I had the conversation!

Please go to the Honoring Choices® North Dakota website and click on [Resources](https://www.honoringchoicesnd.org/) for more information and available printouts

"One conversation can make all the difference"



# STATE OF NORTH DAKOTA

## PROCLAMATION

### HEALTH CARE DECISIONS DAY

APRIL 16, 2022

WHEREAS, Health Care Decisions Day is designed to raise public awareness of the need to plan ahead for health care decisions, related to end-of-life care and medical decision-making whenever patients are unable to speak for themselves and to encourage the specific use of advance directives to communicate these important health care decisions; and

WHEREAS, in North Dakota, the Health Care Directives Act provides the specifics of our advance directives law and offers a model form for patient use; and

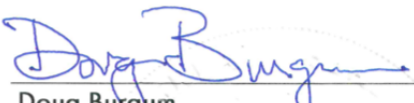
WHEREAS, one of the principal goals of Health Care Decisions Day is to encourage hospitals, nursing homes, assisted living facilities, continuing care retirement communities and hospices to participate in a statewide effort to provide clear and consistent information to the public about advance directives, as well as to encourage medical professionals and lawyers to volunteer their time and efforts to improve public knowledge and increase the number of North Dakota citizens with advance directives; and

WHEREAS, Honoring Choices North Dakota and other organizations throughout North Dakota have endorsed this event and are committed to educating the public about the importance of discussing health care choices and executing advance directives; and


WHEREAS, North Dakotans are encouraged to have conversations about their health care decisions and execute Advance Directives to make their wishes known so that fewer families and health care providers will have to struggle with making difficult health care decisions in the absence of guidance from the patient.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim  
April 16, 2022, **HEALTH CARE DECISIONS DAY** in the State of North Dakota.



  
Doug Burgum  
GOVERNOR

ATTEST:

  
Alvin A. Jaeger  
SECRETARY OF STATE



# ADVANCE CARE PLANNING (ACP) FACILITATOR TRAINING

This training is designed to help participants learn the skills needed to facilitate advance care planning discussions with any adult across the lifespan and disease trajectory.

## Two-Part Training Opportunity

Part 1: Self-Study

Part 2: Virtual Interactive Learning



~~FEBRUARY 15~~



~~MARCH 15~~



APRIL 19



8.00 AM - 10.00 AM



VIRTUAL



4 CEUs available for nurses, chaplains, and social workers

Click [here](#) to register

## Presented by:

**Nancy Joyner, MS, CNS-BC,  
APRN, ACHPN®**

Palliative Care Clinical Nurse Specialist (CNS), past certified First Steps® Facilitator Instructor through Respecting Choices®, and Ambassador of Serious Illness Program  
[nancy.joyner@honoringchoicesnd.org](mailto:nancy.joyner@honoringchoicesnd.org)

**Rev. Sara Schwarz, MA**

Chaplain, past certified First Steps® Facilitator Instructor through Respecting Choices®  
[sara.schwarz@honoringchoicesnd.org](mailto:sara.schwarz@honoringchoicesnd.org)



**Honoring Choices®**  
NORTH DAKOTA

"ACP - it's About the Conversation"

For more information, visit [honoringchoicesnd.org](https://honoringchoicesnd.org)



# Upcoming North Dakota POLST Awareness, Education, and Implementation

## Presented by

Nancy Joyner, MS, CNS-BC, APRN, ACHPN® North Dakota POLST Program Coordinator  
Sara Schwarz, MA, Chaplain, Hospice of the Red River Valley

## Objectives

- Describe how POLST conversations impact POLST form completion.
- Identify what the role of the nurse is in completing the North Dakota POLST form.
- Explain the process of implementing POLST where you work.

## Who should attend

Advanced Practice Nurses, Nurses, Social Workers, Chaplains, and EMS.

## What you will gain from attending

- Acquire new skills, competencies, and best practices regarding POLST.
- Learn about best practices and scripting for patients with serious and life threatening illnesses.
- Enhance your awareness and education about POLST in North Dakota.

These presentations are held monthly on the following dates from Noon – 1:30 pm

~~January 12~~

~~February 5~~

~~March 5~~

• April 20

• May 11

• June 8

• July 13

• August 17

**Register Today**

*This session has been approved for 1.5 hours of CME time by the North Dakota Board of Nursing, North Dakota Board of Social Work Examiners, North Dakota Department of Health - EMS Division, and the Board of Chaplaincy Certification Inc.*



*It's always important to have the conversation before a crisis occurs*

# Do your patients understand CPR?

In December 2021, Nancy Joyner, a Palliative Care Nurse Consultant and President of Honoring Choices® North Dakota, published, "What if the doctor asks you about... C.P.R.? Cardiopulmonary Resuscitation." It is a 26-page booklet that provides a concise overview about the terminology and abbreviations frequently used in advance care planning conversations, examples of CPR questions, the risks associated with CPR, survival rates, and much more! This booklet is a great resource that was designed to educate individuals about medical discussions that may arise in the event of a medical emergency or end-of-life care.

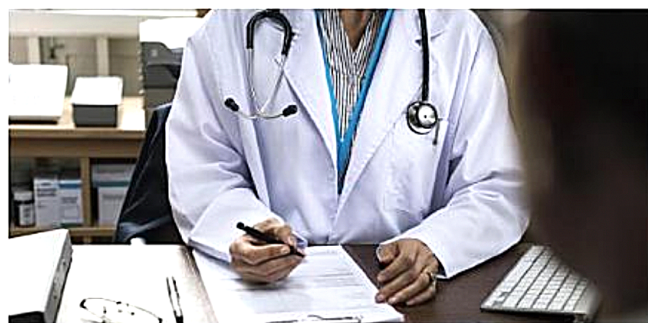


Image from Taubert, 2016

What if the doctor asks you about...

## C.P.R.?

Cardiopulmonary Resuscitation



Nancy Joyner, MS, CNS-BC, APRN, ACHPN®  
Palliative Care Nurse Consultant  
Nancy Joyner Consulting

Available on Amazon for purchase in paperback or for Kindle

For additional information, contact:  
Nancy Joyner, MS, CNS, APRN, ACHPN®  
Palliative Care Nurse Consultant  
[njoyner@nancyjoyner.com](mailto:njoyner@nancyjoyner.com)

Or visit [www.nancyjoyner.com](http://www.nancyjoyner.com)



"On behalf of the North Dakota Medical Association, this letter serves to indicate our support for the efforts to continue to education on the POLST (Physician Orders for Life Sustaining Treatment) statewide. For many years, the North Dakota Medical Association has been actively committed to improving end-of-life care in our state, working with many organizations and individuals through Honoring Choices® North Dakota to educate both professionals and the public about the importance of advance care planning. In 2010, the North Dakota Medical Association's (NDMA) House of Delegates adopted a resolution urging North Dakota physicians and other healthcare professionals across all healthcare settings to consider POLST components in developing an initiative across the state. In 2012, NDMA partnered ND Healthcare Review (Minot) and invited interested parties throughout the state to explore statewide POLST initiative as well as advance care planning. The ND advance care planning coalition grew from 10 to 40 members. By 2013, an initial POLST workgroup was established. The original 2007 Altru Health System POLST form was updated to reflect the efforts of the POLST workgroup to establish the 2017 ND POLST form and program which went statewide July 1, 2017. In 2018, the ND POLST form was updated to meet the national standards. Although the POLST form is gaining recognition across all spectrums of healthcare, more education is needed to fully inform physicians and other healthcare providers about the use of POLST."

***Executive Director of the North Dakota Medical Association***

## Your Guide to POLST: Provider Orders for Life-Sustaining Treatment

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# Honoring Choices® North Dakota Board of Directors

**Nancy Joyner, MS, CNS-BC, APRN, ACHPN®**  
**President of Honoring Choices® North Dakota**

**Organization:** Nancy Joyner Consulting & Center for Rural Health (CRH)  
**Positions:** APRN, Palliative Care Clinical Nurse Specialist, ND POLST Program Coordinator, CRH Outreach Specialist  
**Location:** Grand Forks  
**email:** [nancy.joyner@honoringchoicesnd.org](mailto:nancy.joyner@honoringchoicesnd.org)

**Courtney Koebele, JD**  
**Organization:** North Dakota Medical Association  
**Position:** Executive Director  
**Location:** Bismarck

**Rebecca Quinn, LMSW, CBIST**  
**Organization:** Center for Rural Health  
**Position:** Program Director  
**Location:** Grand Forks

**Kristi Ulrich**  
-Community Representative  
**Positions:** Business Management, Photography, and Corporate Communications of Nonprofit Organizations  
**Location:** Fargo

**Jenifer Lauckner, RN**  
**Organization:** Quality Health Associations  
**Position:** Quality Improvement Specialist  
**Location:** Bottineau

**Marcie Schulz, MBA, MSN, RN**  
**Organization:** Good Samaritan  
**Position:** Director of Nursing  
**Location:** Bismarck

**Jody Ward, MS, RN, APHN**  
**Organization:** Center for Rural Health  
**Position:** Program Director  
**Location:** Minot

**Hannah Murphy, RN**  
-DNP Student - North Dakota State University  
-HCND Fargo Healthcare Representative  
**Location:** Fargo

**Rev. Sara Schwarz, MA**  
**Organization:** Hospice of the Red River Valley  
**Positions:** Chaplain, Spiritual Care, ACP Facilitator & Instructor  
**Location:** Bismarck

**Maryn Young, PMHNP-BC, FNP-BC**  
**Organization:** Presentation Medical Center SMP Health System  
**Position:** APRN in Clinic Services  
**Location:** Rolla

**Karli Olson, RN, CCRN**  
-DNP Student - University of Mary  
-HCND Western ND State Representative  
**Location:** Wildrose

**Lisa Tocchio, RN**  
**Organization:** Blue Cross Blue Shield  
**Position:** Director of Population Health and Health Integration  
**Location:** Fargo