

Suggestions From Class



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Checklist

- Have the discussion with family
 - Use The Conversation Starter Kit
 - Write down your goals of care
- Complete an advance directive and name a surrogate
 - Paper or online
- Discuss your wishes with your doctor
 - Be assertive
 - Ask him/her to support POLST
- Revisit thoughts when major changes occur



What To Do With Conflicts

- Advance planning can help
 - Videos in [MyDirectives.com](https://www.mydirectives.com)
- Make sure your surrogate is strong and knows your wishes
- Talk with Dr. before need arises
- Ask for an ethics consultation
- Ask for a palliative care consultation
- Obtain a consult from a geriatrician or palliative care physician



Body Donations

- Not the same as organ donation
- Managed by Univ. of Florida but can be made to a specific medical school
 - 800-628-2594
- A traditional, and moving, part of medical education
- The body is completely dissected so viewing is not possible at burial



A Student Reflection

- As the white cover was pulled, I met her for the first time. She was 89 years old. Her eyes closed and lips pursed, she wore a stoic expression on her face as her hands were politely crossed. She didn't utter a word, yet was able to inspire in me a warmth and calm I didn't think could be had. She allowed me to learn great anatomy, great detail, great confidence. She gave life to my knowledge, life to my ability to know pathologies, and life to my courage in dealing with death. Through her death, she gave me - a stranger - life.



Final Exit Network

- Derek Humphrey – Hemlock Society (1980)
 - Now subsumed under Compassion and Choices
 - <https://www.compassionandchoices.org>
- Final Exit Network
 - Assist people in finding the equipment used to die and educating them in its use
 - Do not personally assist
 - Felony conviction in Minnesota (2015)
 - <http://www.finalexitnetwork.org>



Inert Gas Hood Kit

- Promoted by Derek Humphrey and Final Exit Network
- Usually use helium or nitrogen
- 1 – 35 persons/yr
- Wide variation in time to death (seal)
- Unconscious in 1 minute
- Death in 6 to 38 minutes
- Little data on complications

