



Hospice Highlights

Quality vs Quantity

By Diana Wood

As a Hospice volunteer I am always encouraging people to get an Advance Care Plan done. In that plan you can choose someone to speak for you in the event that you aren't able to speak for yourself, called a Substitute Decision Maker. Here are some things that are important to discuss with that person as well as with your family. These things usually aren't thought about until a decision has to be made which puts pressure on everyone. So instead of your family trying to guess what you want, they already know what you want. Consider the following.

- Do not resuscitate
- Do not hospitalize
- Receive nutrition through a feeding tube or hydration intravenously
- Mechanical ventilation
- Dialysis
- Pain control
- Use of antibiotics
- Treat conditions like cancer, pneumonia, urinary tract, and other infections
- Palliative care
- Hospice care

You can make decisions on all of the above now, long before anything like this is needed. Planning ahead gives you peace of mind and ensures

that your wishes are honored. Make sure to discuss all of these with your doctor so that it gets put into your medical file.

And by the way, Health Canada did a survey a few years ago and apparently most people opted for less intervention. In other words, most were good with letting nature take its course. Some doctors might disagree however, as they have been trained to save lives at all costs which doesn't always make the patient feel better. This is where you have to decide which is best for you.....quality of life or quantity of life.

We acknowledge the financial support of the Province of British Columbia and Northern Health.



Terrace Hospice Society

#207 – 4650 Lazelle Ave Terrace, BC V8G 1S6 • Phone: (250) 635-4811