

## The Honoring Your Wishes Advisory Board

and community partners throughout the region have worked diligently to help ensure that people's health care preferences are honored. Systems have been put in place and many of our goals have been achieved. We are grateful for the partnerships that have been developed since 2010 to establish advance care planning best practices. As we proceed into 2020, the structure of Honoring Your Wishes will change. We will no longer have an Advisory Board. Rather, a task force representing various organizations will exist to ensure that Honoring Your Wishes materials meet the community's needs. We will continue to offer advance care planning services at no cost at various sites throughout the community, maintain the Honoring Your Wishes website, offer professional workshops on how to have advance care planning conversations and recognize National Health Care Decisions week.

Thank you for your generous support and commitment to advance care planning.



*Jane Dohrmann, Program Director  
and Grace Matthews, Advisory Board Chair*

- 33% of people served at four health care organizations had an advance directive, IPOST or both.
- 76% of residents had an IPOST at eleven nursing homes and assisted living facilities.
- 94% of IPOST medical orders were followed at four organizations.
- National Health Care Decisions Week was recognized April 16-22. Four hundred people participated in educational events.
- Thirty-three health care and community leaders became certified as Respecting Choices® Advance Care Planning facilitators through classes that were taught by local instructors.



*Respecting Choices® Advanced Steps class*

*“Really valuable information.  
More people need this training,  
especially health care professionals!”*

– ACP workshop participant



## Love Letters Part II: What Matters Most

Thanks to the community's positive response to the Love Letters project in 2018, we offered this writing opportunity again in collaboration with Little Village and the UNESCO City of Literature. The community was invited to submit writings based on the themes of love, forgiveness, and gratitude from the book *The Four Things that Matter Most: A Book about Living* by Ira Byock, MD. Sharyl Cartmill wrote the prize winning piece "An Uninvited Journey." The top three prize winners' submissions were published in Little Village magazine.



**From 2010-2019:**

- Nineteen organizations were represented at the first Advisory Board meeting which was held in December of 2010. The group received consultation from Respecting Choices in 2011 and 2012 and selected the name “Honoring Your Wishes.”
- Twenty-five organizations participated in advance care planning pilots, quality improvement projects and audits. Organizations began to complete advance care planning audits and set annual goals to improve advance care planning processes.
- 480 Respecting Choices First Steps and Advanced Steps certifications were granted to health care professionals and community leaders from across the state.
- The Iowa Physician Orders for Scope of Treatment (IPOST) paradigm was launched in 2013 and became a part of best practice when working with the seriously ill or frail.
- In 2014, Mercedes Bern-Klug, UI School of Social Work, Nicole Peterson, UI College of Nursing, and Jane Dohrmann, Iowa City Hospice, were recognized by the John A. Hart Foundation for their work with IPOST implementation in local care centers. In 2017, they worked collaboratively with the national POLST organization to write two chapters in the toolkit “Using POLST to Honor Patient Wishes across the Care Continuum.”
- Four organizations began to offer free advance care planning services to community members.
- Advance Care Planning educational materials were created and have been utilized to assist individuals and families to make choices that are right for them.
- Multiple community events were held to promote awareness and advance care planning conversations including recognizing National Health Care Decisions week annually.
- Seven professional conferences were held to promote advance care planning best practices, culminating in hosting palliative care physician and author Ira Byock, MD,
- The writing projects “Love Letters I and II” were held in collaboration with the UNESCO City of Literature and Little Village to promote the themes of love, forgiveness and gratitude. The project was inspired by Dr. Byock’s book “The Four Things that Matter Most.”

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