

## **OLD KILPATRICK MEDICAL PRACTICE**

Old Kilpatrick Medical Practice, Erskine View Old Kilpatrick Glasgow G605JG  
Tel: 01389 872575 Fax: 01389 890919

Dear Patient/Relative/Carer,

I am sure you are all extremely aware of the current situation regarding the outbreak of Covid-19. All of the Partners and staff at OKMP care deeply about you, and we are committed to providing the very best care and support possible through this unprecedented and challenging time. Part of this is reviewing our anticipatory care planning. In essence, this means considering what action would or would not be appropriate for a particular patient if they were to become unwell.

This is particularly relevant, as we know that Covid-19 is adversely impacting our elderly patients, as well as those with pre-existing health conditions. We also know that unfortunately death rates are higher in this group. It is possible that we may soon face a situation where we are being asked to make very difficult rationing decisions, regarding who should be admitted to hospital, and who should receive the most intensive care. These are difficult decisions, but ones which we as doctors are skilled in dealing with, albeit normally in very different circumstances.

Unfortunately people with pre-existing health problems and the elderly will be the ones most in need of intensive care. We are currently unable to predict how many people may need to be admitted to hospital for this level of extra care, but even in normal circumstances these beds are very limited. This would potentially cause a situation where people requiring this type of admission would be unable to receive the in-hospital care that they may need and instead will be cared for in the community.

We therefore feel that it is important to consider the issues around hospital admission and the level of care that you may wish to receive if you become unwell. Some patients may appropriately decide that if they become unwell, they would rather remain at home and be kept comfortable, even if the risk of death is higher.

We are writing to highlight these concerns and encourage you to have a discussion either amongst your family or with your carers, if you are able to do so. If you do have clear views regarding this 'Anticipatory Care Planning' or 'Advanced Directive', then it is

important that as a practice we are aware of this. With this information we would be able to put the necessary paperwork in place to respect your wishes.

Specific issues which are worth considering are:

1. Would I want to be admitted to hospital if I were to become unwell?
2. Would I want to be put on a ventilator to support my breathing if I was unable to do this myself (please be aware that this ultimately is a clinical decision that would be made by the doctor attending you in hospital at the time and may not be suitable for all patients)
3. Do I have a Do Not Resuscitate order in place? Do I understand what this means?
4. Do I have Power of Attorney in place? If not, are my next of kin aware of my wishes?

We realise these are very difficult issues to consider, and we hope not to alarm you. However, our aim is to provide the best and most appropriate care for each of you and to the very best of our abilities. Having forward discussions around this topic is highly relevant to the current pandemic and will hopefully allow us to make better decisions in the coming weeks and months.

Unfortunately the nature of the pandemic means that we predict our practice will be under considerable strain in the coming months. We therefore may not have the time to discuss these issues in as much detail as we would normally like. With this in mind, I would direct you to the following resources which may answer some of your immediate questions. However, we will try and respond to requests to discuss this where we have the capacity to do so.

If you do already have clear thoughts about your own Anticipatory Care Plan, we would be grateful if you, or a relative, could complete and return the proforma included in this letter.

Yours sincerely,  
Drs Kearney, MacIver, Hill and O'Connor  
Old Kilpatrick Medical Practice

### Some useful resources regarding Anticipatory Care Planning

- This is a toolkit focused on ACP produced by Healthcare Improvement Scotland <https://ihub.scot/project-toolkits/anticipatory-care-planning-toolkit/anticipatory-care-planning-toolkit/>
- NHS Inform information on Anticipatory Planning including a video <https://www.nhsinform.scot/care-support-and-rights/palliative-care/planning-for-the-future/make-an-anticipatory-care-plan>
- Information about CPR decision can be found at: <https://www.gov.scot/publications/decisions-cardiopulmonary-resuscitation-information-patients-relatives-carers/>

### Some Information on Home Visits

As GP's we are high risk of catching Covid-19, and at risk of being carriers of the virus for a number of days prior to exhibiting symptoms. This means that we need to minimise patient contact to all but the absolute essential to protect others. This means we will be dealing with the majority of patient contacts over the telephone, perhaps with the use of video calls to aid this, if facilities become available to support this. If a GP feels it is essential to have a face to face review, you will be invited to the practice, where we will see you away from anyone with symptoms of Covid-19.

To minimise the risk of spreading infection, we will be limiting the number of home visits that we undertake. It is safer for patients to be seen (if deemed necessary) in the setting of the practice, where we have appropriate facilities to wear and dispose of masks/ gloves/aprons without contaminating ourselves or others. In the very small minority of patients that do require a visit, the doctor will attend wearing a mask, apron and gloves if felt necessary based on your symptoms. However, please note we will only come for absolutely essential assessments in order to protect all patients as much as possible.

We are asking you not to request visits for simple things that can be dealt with over the phone and to be mindful of the fact that we have very limited capacity to visit patients at home.

## Anticipatory care planning questions

**Patient Name:**

**DoB:**

**Address:**

There are changes in health that unfortunately can happen in frail older people and people with complex health needs, if they become unwell.

Please tick the box that is closest to what you think you or your relative/ friend (if you are completing for your next of kin) would choose. We will use this information to help us make an Anticipatory Care Plan for you or your relative/ friend.

1. If you or your relative/ friend had a sudden collapse (such as from a stroke or a heart condition) what do you think you would wish to happen?

a)	Keep me/them comfortable, treat any pain or other symptoms, and remain at home	
b)	Contact a family member to help us decide whether to send me/them to hospital, instead of dialling 999 for an ambulance.	
c)	Send me/them to hospital for investigations and treatment such as drips, and treatment given into a vein.	

2. If you or your relative/ friend had a serious infection, such as covid-19, that was not improving what do you think **you** would wish to happen?

a)	Keep me/them comfortable, treat any pain or other symptoms, and remain at home	
b)	Contact a family member to help us decide whether to call an ambulance and send me/them to hospital.	
c)	Send me/them to hospital for investigations and treatment such as drips or antibiotic treatment into a vein	

3. If you or your relative/friend was not eating or drinking because they were now very unwell, what do you think **you** would wish to happen?

a)	Keep me/them comfortable, treat any pain or other symptoms, and remain at home	
b)	Contact a family member to help us decide whether to call an ambulance and send me/them to hospital.	
c)	Send me/them to hospital for investigations and treatment such as drips or antibiotic treatment into a vein	

4. If you or your relative was to become so unwell that the heart or breathing stopped (ie. death), what would you want to happen?

a)	<b>Do not</b> try to restart my heart by cardiopulmonary resuscitation (CPR)	
b)	Try to reverse death by means of cardiopulmonary resuscitation (CPR)	

Is there anything else about you or your relative/ friend that it is important for us to know about?

Patient's name.....

Patient's Address.....

Patients DoB.....

Next of Kin (if relevant) inc. telephone number:

Power of Attorney if in Place:

Thank you for completing this form. If you have any questions, please contact the surgery.