



## ADVANCED HEALTHCARE DIRECTIVE

This is a document that helps us to understand your healthcare needs. It enables us to carry out your wishes when you are not able to state them. It will in no way impact the level of care and compassion that you receive from us. We will keep you comfortable and pain free at all times even if you have refused specific interventions.

You give these directives of your own free will. You may recall or change any and all of the directives at any time.

This Document does not replace communication. We will always first try to speak to you or your family.

We will at all times try our best to adhere to your requests stated in this document.

### 1 If my heart were to stop beating

- I request electrical, mechanical or other artificial stimulation of my heart - CPR and electric defibrillation.  
 I refuse electrical, mechanical or other artificial stimulation of my heart

### 2 If I can no longer breathe for myself

- I request intubation and the use of a respirator or ventilator.  
 I refuse intubation and the use of a respirator or ventilator.

### 3 If I am unable to swallow.

- I request artificial feeding. Eg PEG or Nasogastric tube.  
 I refuse artificial feeding and that a PEG or Nasogastric tube be inserted.

### 4 If I have an infection.

- I request antibiotics of any nature or method of administration including intravenous antibiotics in hospital to treat an infection.  
 I request antibiotics if this may assist with controlling my symptoms and comfort only.  
 I refuse antibiotics of any nature or method of administration completely.

### 5 If my condition were to deteriorate

- I request to be transferred to hospital.  
 I refuse to be transferred to a hospital and request to stay at Mothwa haven where I will be kept comfortable and pain free.

### 6 If my condition were to deteriorate

- I request to be transferred to an intensive care or high care unit where artificial support measures are used  
 I refuse to be transferred to an intensive or high care unit.

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Patient signature

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Family signature

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SR du Plessis signature