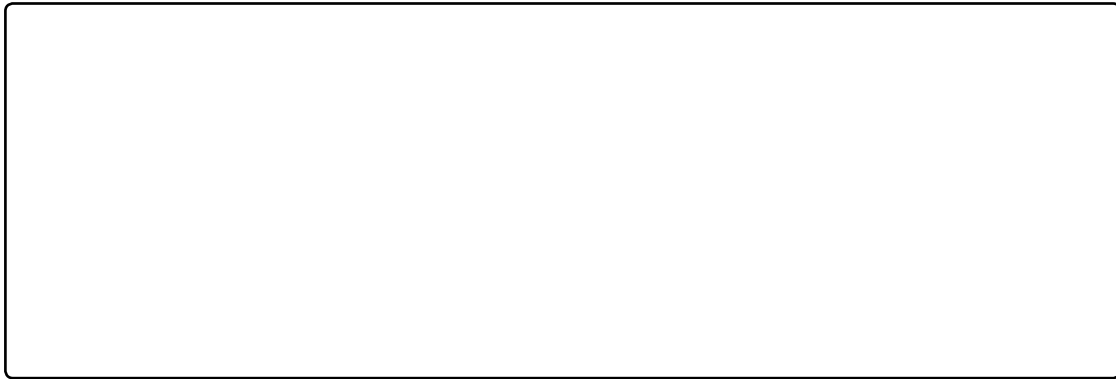


Opinion

Understanding advance directives: a guide to end-of-life planning

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Keywords:

advance directives, end-of-life planning, palliative care, patient autonomy, healthcare providers

Introduction

Advance directives are legal documents that allow individuals to specify their preferences for medical care in the event they become unable to make decisions for themselves. These documents are essential for ensuring that patients' wishes are respected and that they receive care that aligns with their values and beliefs. This guide aims to provide a clear understanding of advance directives and their importance in end-of-life planning.

The guide emphasizes the importance of early conversations with loved ones and healthcare providers, as well as the need for regular updates to these documents. By providing a clearer understanding of advance directives, this work aims to empower individuals to make informed choices, ultimately contributing to more personalized and respectful end-of-life care.

Conclusion

1.