



Royal Berkshire
NHS Foundation Trust

Planning your future (Advance Care Planning)

Information for patients with
kidney disease

Compassionate

Aspirational

Resourceful

Excellent

This leaflet explains how Advance Care Planning can help you to:

- **plan your future care**
 - **be involved in decisions about your treatment**
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Kidney disease is a long term illness. As time goes by, you may find that your health gets worse. This can happen if:

- you are on dialysis
- you do not want dialysis
- your kidney transplant is failing, and you do not want another transplant or to go on dialysis.

As your health deteriorates, you may need more support to manage your symptoms or need more help at home. You may want more information about how your illness is likely to change so that you can plan your future care, including towards the end of your life.

What is Advance Care Planning (ACP)?

ACP is a discussion between you and your healthcare team about what you may or may not want in the future, while you are fully able to have these discussions. When the team knows your preferences, they can focus your treatment on what matters most to you, to help you live as well as possible.

You will most likely have several conversations over time, and you can include anyone you want in these decisions, such as family, friends, and other healthcare professionals.

Not everyone wants to have an ACP discussion. If that is the case, you can always change your mind at a later date.

Aims of ACP:

1. You are central to developing your ACP, and you can decide who else you would like to be involved.
2. You talk with your healthcare team about your future care, focusing on what matters to you and your needs.
3. You and the team agree your ACP outcomes together.
4. Your ACP is a record of what matters to you, your wishes and decisions about your future care and treatment. Your ACP can be shared among other professionals involved in your care. This may include a Recommended Summary Plan for Emergency Care and Treatment (ReSPECT). You can find out more about ReSPECT on the Trust website or the Resuscitation Council UK website.
5. You are welcome to review and change your ACP over time.
6. Anyone involved in your ACP can speak up if they feel that someone is not following these aims.

What are the benefits of ACP?

- You can explore who and what matters most to you in life, and think about how this might change if you become less well. You may feel more confident that you have gained more control of your own life by doing this.
- As far as possible we will give you care and treatment in line with what matters to you. This is especially important towards the end of your life and may include connecting you to other services and support to help you live well for as long as possible, such as the palliative care team.
- You can better understand which treatments may not work in your case, for example resuscitation or intensive care support.
- You can be more confident that we know what matters most to you and will take this into account in an emergency or if you become unable to decide for yourself.

Next steps

If you would like to know more about ACP, please speak to your kidney doctor or nurse. You can also speak with your GP and relatives, in which case your kidney team can review your ACP with you another time.

Department of Renal Medicine (Kidney Care Team),
Telephone: 0118 322 7899

Out of Hours / Bank Holidays – Victoria Renal Ward

Telephone: 0118 322 7476 or

Email: ward.victoria@royalberkshire.nhs.uk

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Renal Unit, March 2023

Next review due: March 2025