

Comfort Heart Book



For planning your health in advance

ชื่อ (By)

Date written



What is the comfort heart book?

Comfort Hear book is an equipment which will help you reconsider, plan, and give your voice in advance about your treatment in terminal stage (Apart from an immediate death and accidents). This book will help your family know your decision avoiding guessing your decision in your terminal stage. In case, you cannot communicate, this book will be less conflicts between your family and health care teams.

Moreover, this book will survey your perspective about life and death. It's also included with your plan of the treatment in advance, a representative who will make a decision instead of you, and the process of your body and funeral.

Finally, you can write this book whenever you want: during you are healthy and sick. For writing this book, you will have a chance to scrutinise about your life and give sincere voices to plan your health with your family and health care teams. This way will be one of methods which help you have a high quality of life in the last time and peacefully leave.



Portfolio

My name _____

Others call me/Nickname _____ My Birthday _____

My passport/ID number _____

My phone _____

My Address _____

My background and hometown

My habit/attitude



The things that I'm proud of

Diseases or symptoms which I'm undergoing

In case that I'm sick, how will I think about them?

The important things which I intend to do before I will pass away are

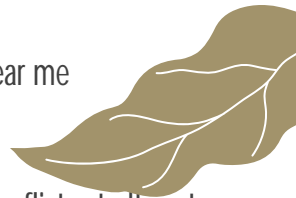


My thoughts on death's impending arrival

If I undergo with the terminal stage of life, I will prioritize the first three values as follows:

(Please prioritize: 1-3)

- Having a long-life span
- Ability to take care of myself and don't want someone to bear me
- Comfortable life, no suffering
- Staying with the beloved family
- There must be unity among the tribe's offspring and avoid conflicts at all costs
- Staying with the beloved and trustworthy friends
- Clearing errands until they are completed
- Helping people and being a helpful person
- Getting respect and honor
- Practising with belief and religion
- Leaving with consciousness and awareness
- Others (Please write)



Knowledge about illness in the terminal stage of life

When our lives reach a certain point, regardless of age or sickness, there will be a time when we reach the end of lives. In other words, there will be deterioration of many systems in our bodies, which they cannot recover to be akin to children.

In this period, you might feel weak, loss of appetite, uncomfortable to move, and unable to walk or stand. You might continuously need care givers and more rest time. Due to the deterioration of the nervous system, you hardly sense such sufferings until your body gradually slow down and stop of working.

How much are you ready to deal with yourself?

(Make a tick ✓ in your point of view)

- | | |
|--|-------------------------------------|
| <input type="radio"/> I'm ready and recognize to leave | <input type="radio"/> I'm not sure |
| <input type="radio"/> I'm quite ready | <input type="radio"/> I'm not ready |

Palliative Care

When patients undergo with diseases which threaten their lives, and are hard to cure. Palliative Care then turn the steering wheel from treating for recovery to developing quality of life comes along with the treatment, and protecting and relieving the sufferings that the patients and families face with.

Palliative Care aims to improve quality of life, natural death, and stimulate death

Do you agree with Palliative Care?

(Make a tick ✓ in your point of view)

- I agree with Palliative Care
- I don't understand and require more information
- I disagree and desire Cure, Radical

Resuscitation - Keep patients alive to keep them stay longer

Resuscitation is helping critical patients who still have a chance to survive and recover such as accidents, and acute illnesses with the aid of CPR, Magnetic shock, and Intubation combined with other necessary treatments including Respirators, Adrenaline, Foley Catheter, and so on.

During terminal stage of resuscitation, it is generally unnecessary because those methods cannot cope with diseases or recover. Besides, the deterioration of organs will lead them to dead process in short time.

Saving life at this critical time often make patients agonize and in pandemonium. Besides, the deterioration of organs will lead them to death in short time. Furthermore, families will miss the last chance to spend quality time with patients' tranquil atmosphere.

How do you think about saving life in the terminal stage of life?

(Make a tick ✓ in your point of view)

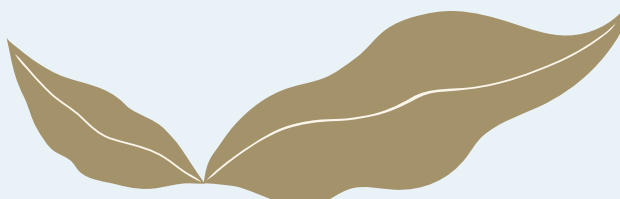
- I disagree with Saving life
- I agree with Saving life
- I am not sure



A representative

In case you are at the terminal stage of illness and unable to communicate with other people, you may need someone to represent on your behalf.

He/She must be more than 20 years old and know you very well and even your innermost desires and worries. He/She must be reliable with your family and is ever-willing to promote your intentions and thoroughly address has reliability for your family and is willing to insist your intention and can manage stress well.





Living Will for showing your intention in your terminal stage of treatment

After I carefully considered through this book and understand the point of Palliative Care, I would like to assert my intentions about the treatment in the case of diseases which comes to the last stage, and to no avail in communication as follows:

- | I want | I don't want | |
|-----------------------|-----------------------|---|
| <input type="radio"/> | <input type="radio"/> | Peaceful death, don't resuscitate and stimulate death |
| <input type="radio"/> | <input type="radio"/> | CPR and Intubation in case of Asystole |
| <input type="radio"/> | <input type="radio"/> | Palliative Care |

Place of Death

- | | |
|---|--------------------------------|
| <input type="radio"/> Home | <input type="radio"/> Hospital |
| <input type="radio"/> Etc. <input type="text"/> | |

If I succumb to the last stage and cannot communicate, my representative will be I call him/her Tel.

I guarantee that I am conscious as of this writing

Signature

Date

Other treatments

Make ticks ✓ in front of the texts that you would like in the last period of your life.

- I would like to have good hygiene and live in a comfortable room.
- I want to relieve nausea, vomiting, short breath, dyspnea, depression and hallucination.
- I would like to have a moist mouth and have good mouth care without cracked lips.
- I want people around me to listen and understand my feelings and requirements.
- I want people to remind me about the merits that I did and express their love to me.
- I want to be touched, to hold hands and hug, regardless of already my unconsciousness.
- Listening to music, audiobooks
- Having these things in my room
- I am to meet (people,pets)
- I would like to lead me to a peaceful death.

Relate to management of pain and discomfort symptoms. (Please select only one)

- I would like to receive sufficient pain killer or drugs that relieve my pain, regardless of making me stupor or sleep longer and become unconsciousness.
- I require pain killer in a dosage that would still keep my consciousness.

I would like other people to treat me as follows:





Communication in the terminal stage of life

(Make a tick ✓ in front of the statements that you agree with)

If a physician make an appointment to tell important diagnosis or terrible progress.

- I would like to know essential information by myself
- I would like to know that information with
- I want to know that information and would request the physician to share it to:

Besides, I would like to tell my immediate family or close friends that...

- I love them.
- I thank you all for taking care of me, loving me and wishing me well.
- I apologize for any mistakes or wrongdoings, conflicts between each other (both front and behind; conscious and unconscious).
- I would like all of you to know that death is a common part of life and I can accept it.
- While I am dying. I would like to retain peaceful environment and clam mind.

I want people that surrounds me to remember me as:

Other things that I want you to manage

Body and Funeral Plans/Arrangements

(Make a tick ✓ in front of the statements that you agree with)



In terms of a body and organs donation

- I would not like to donate my body or organs
- I would like to donate my body or organs and I retain my document at:

I would like my funeral plan as follows

I would like my wake for days

Estimated costs baht

I would like to arrange my funeral service

Other requirements related to my funeral as follows

(Such as mementos, arrangement of contribution)





Postscript

This book has less information about the medical profession because each patient has different conditions or symptoms. Planning about medical treatment apart from these methods, you have to talk and plan your treatment with health care teams by then. You can contact with Palliative Care Unit at your nearest hospital.

This book has authority to perform in National Health Act B.E. 2550 (A.D. 2007) Section 12. In Thailand, however, the thing that helps you more assure for showing your intention is your communication with your family or close friends until they clearly and compatibly understand your point.



National Health Act B.E. 2550 (A.D. 2007)

A person shall have the right to make a living will in writing to refuse the public health service which is provided merely to prolong his/her terminal stage of life or to make a living will to refuse the service as to cease the severe suffering from illness.

The living will under paragraph one shall be carried out in accordance with the rules and procedure prescribed in the Ministerial Regulation.

An act done by public health personnel in compliance with the living will under paragraph one shall not be held an offence and shall not be liable to any responsibility whatsoever.



After completing this book, you should do these things to complete your intention

- You should tell your family up front or representatives for the sake of recognising your decision together.
- Making a copy on the sixth and seventh page, and then keeping them in your portfolio at the hospital nearest you.
- Making a copy for your family or representatives and keeping an actual book with you.
- When your health conditions changed such as more severe illness or having limited time, you should reconsider this book and consult with health care teams in advance.
- Cut a small letter, and keep it in your pocket for communicating to physicians when you undergo with critical situation in the last period of life.

Signatures by those who know my intention



I have an Advance Directive

I'm _____

I have a living will book for showing my intention in the terminal stage of life. My representative is

Tel. _____





Additional information

A large white rectangular area with rounded corners, containing 20 horizontal brown lines for writing. The lines are evenly spaced and extend across the width of the box.



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for planning in advance
Made by Peaceful Death Group
Creativity Faiyen

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