

GUIDE: ADVANCE CARE PLANNING VIDEOS FOR USE IN BRITISH COLUMBIA

Purpose and Contents of the Guide

This guide describes several publically available videos that approach ACP from different angles and can help renal health care providers in British Columbia start meaningful conversations with patients about advance care planning and normalize ACP in the context of renal care. The intended target audience of these videos is patients who may benefit from a better understanding of advance care planning.

Videos #1 (*Advance Care Planning (English) by Frasehealth*) and #2 (*Advance Care Planning in BC by ProvinceofBC*) have been endorsed by the Palliative Care Committee as the most appropriate, relevant and comprehensive in the BC context for the stated purpose and based on a set of selection criteria discussed below. The Committee recommends them as the best video resources to prime meaningful ACP conversations with patients.

The value of other ACP videos in the guide is in providing a different approach to or perspective on advance care planning that may work better for certain patient audiences or situations. These videos may not be as comprehensive or relevant as the videos #1 and #2. Health care providers are encouraged to review these and other ACP video resources available online and choose the ones that best fit the needs of their patients. All videos in the guide are grouped into four broad categories, with a few videos cross-cutting two or more categories:

- **Neutral Testimonial:** The video provides emotionally-balanced or neutral ACP information and testimonials and avoids dramatization in explaining the essence and importance of ACP. Does not normally use professional actors.
- **Emotional Testimonial:** The video relies on emotional and staged representation of realistic health-related scenarios to convey the importance of ACP. Uses professional actors.
- **Process Oriented:** The video focuses on the step-by-step explanation of the ACP process and terminology, and emphasizes a rational approach to ACP.
- **Short Introduction to ACP:** Short animated cartoon/video suitable for rotation on TV screens in clinical waiting environments to introduce ACP in a very brief and high-level manner.

The two charts below (*List of Videos - Quick Reference (pp. 2-5)* and *List of Videos – Full Commentary (pp. 6-11)*) refer to the same selection of videos, with the difference of providing a condensed commentary on each video for quick reference, and a more extensive commentary and analysis respectively. All of the listed videos can be accessed on YouTube free of charge.

If you have any questions, comments, or require assistance with this Guide or finding and using the videos, please contact Yuriy Melnyk:

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ADVANCE CARE PLANNING VIDEOS FOR USE IN BRITISH COLUMBIA: QUICK REFERENCE GUIDE

Video Selection Criteria

- **Relevance:** The video helps to set the stage for ACP conversations with patients and makes ACP a “normal part of life”. Introduces CKD/dialysis among examples.
- **Canadian context:** Set in Canadian context, preferably BC, and easy to relate to for Canadian audiences.
- **Length / perceived length:** Is not extremely lengthy or hard to follow.
- **Ease of understanding:** Explains the essence of ACP in an easy way. Explains the ACP process step-by-step, and makes it easy to follow.
- **Quality of information:** Content is accurate and appropriate.
- **Content presentation:** Graphically portrays different real-life situations and emotions that most people may encounter and can relate to. Introduces different social and cultural backgrounds.
- **Availability in languages other than English** and quality of translation (where possible to evaluate): Coverage for the diverse BC population.
- **Access:** Easy to find / access online.

#	CONTENT DESCRIPTION	COMMENTS / ASSESSMENT
1	<p> BCPRA PALLIATIVE CARE COMMITTEE RECOMMENDED VIDEO</p> <p>Title: Advance Care Planning (English) Source: Fraserhealth YouTube link: https://www.youtube.com/watch?v=-M31-NiH3yU Category: Process Oriented, Neutral Testimonial Time: 18:57 min. Country of origin: Canada (BC) Renal-specific: No; Testimonials/examples in the video include CKD Terminology: BC-appropriate Languages: English; Available in Punjabi and Cantonese dub + traditional Chinese subtitles for the anecdotal / interview parts Perceived target audience: Patients</p>	<p>Comprehensive video that covers a variety of ACP-related topics and introduces a number of perspectives from patients and health care providers. A calm, down-to-earth and balanced patient-oriented approach. The video is divided into 7 different sections: Patient perspectives and testimonials, ACP essence explanation, Health care choices explanation, Conversations with family and making choices, Spiritual care and what a good life means, introduction to the My Voice workbook, Cultural aspects of ACP. The video may appear too long for some viewers.</p>
2	<p> BCPRA PALLIATIVE CARE COMMITTEE RECOMMENDED VIDEO</p> <p>Title: Advance Care Planning in BC Source: ProvinceofBC YouTube link: https://www.youtube.com/watch?v=5BD9yJdhlQ Category: Process Oriented, Neutral Testimonial Time: 12:19 min. Country of origin: Canada (BC) Renal-specific: No; Testimonials/examples in the video include CKD Terminology: BC-appropriate Languages: English; Available with simplified Chinese and Punjabi subtitles Perceived target audience: Patients and health care providers</p>	<p>The video works as a step-by-step introduction to advance care planning in British Columbia and to the ACP guide and workbook, My Voice- http://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning. It combines a balanced/structured approach with appealing testimonials from real people. Representation Agreements and Advance Directives in BC are explained in detail.</p>

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#	CONTENT DESCRIPTION	COMMENTS / ASSESSMENT
3	<p>Title: Conversations Matter: Advance Care Planning Source: AHSChannel YouTube link: https://www.youtube.com/watch?v=M0rIR1md7FQ Category: Process Oriented, Neutral Testimonial Time: 8:36 min. Country of origin: Canada (Alberta) Renal-specific: No Terminology: Not BC-appropriate Languages: English Perceived target audience: Patients</p>	<p>Step-by-step guide that provides a simple explanation of the ACP process and helps to normalize it. Good list of questions to ask of the substitute decision maker. Good explanation of why ACP is for everyone, not just those in poor health or nearing the end of their lives. Terminology is not fully applicable to BC. Video has limited emotional appeal that may be necessary for some audiences to start the first ACP conversation.</p>
4	<p>Title: Advance Care Planning Source: AIC SG YouTube link: https://www.youtube.com/watch?v=8Yic-AOHbMs Category: Emotional Testimonial Time: 11:59 min. Country of origin: Singapore Renal-specific: No Terminology: Not BC-appropriate Languages: English with subtitles Perceived target audience: Patients</p>	<p>Short feature film that uses actors to tell a story of a family's struggle with ACP conversations and decision-making. The video addresses such common issues as: denial of mortality by family members; inability to assume responsibility for a decision; distress that affects normal behaviour; difference between the right and wrong decision and honouring a patient's wishes; making a choice between family members to serve as the substitute decision maker. This video is extremely emotional, and may be distressing for some patients.</p>
5	<p>Title: Living Matters Advance Care Planning Source: Livin Matters YouTube link: https://www.youtube.com/watch?v=OlfKCGMALL0&feature=youtu.be Category: Emotional Testimonial Time: 5:48 min. Country of origin: Singapore Renal-specific: Yes Terminology: BC-appropriate (neutral) Languages: English with English and Chinese subtitles Perceived target audience: Patients</p>	<p>Short feature film that uses actors to tell a story of two renal patients and their experience of renal care and the ACP process. The video makes a very strong and emotional case for discussing one's health care wishes with their loved ones. This video is especially valuable since it is based on a hemodialysis anecdote. The video is quite emotional, and may be distressing for some patients.</p>
6	<p>Title: What is Advance Care Planning (Living Wills) Source: RQHR YouTube link: https://www.youtube.com/watch?v=AflgqugkgwU Category: Neutral Testimonial Time: 10:03 min. Country of origin: Canada (Saskatchewan) Renal-specific: No Terminology: Not BC-appropriate Languages: English Perceived target audience: Patients</p>	<p>Simple video with a calm and balanced patient-oriented approach. Real people – not actors – who find themselves in different life circumstances (young and healthy, elderly and nearing the end of life, young and faced with a serious illness/medical procedure) help create a wider appeal and are easy to relate to.</p>

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7	<p>Title: ACP Conversations Source: AdvanceCarePlanning YouTube link: https://www.youtube.com/watch?v=6gFzCiMnlq Category: Neutral Testimonial Time: 4:25 min. Country of origin: Canada (National) Renal-specific: No Terminology: BC-appropriate (neutral) Languages: English Perceived target audience: Patients</p>	<p>Simple and short video with a calm and balanced patient-oriented approach. Real people – not actors – compellingly speaking of their own experience with ACP.</p>
8	<p>Title: Health care consent laws have changed - What you need to know - FULL VIDEO Source: Doctors of BC YouTube link: https://www.youtube.com/watch?v=a-HFLkL5IRk Category: Process Oriented Time: 6:08 min. Country of origin: Canada (BC) Renal-specific: No Terminology: BC-appropriate Languages: English Perceived target audience: Patients and health care providers</p>	<p>The video is done as an ACP Q&A with a palliative care physician (Dr. Doris Barwich). The video focuses on providing an explanation of Advance Directive, substitute decision maker, roles of physicians as guardians of a person's wishes, representative agreements and the role of spouses and guardians, SPEAK framework (Substitute, Preference, Expressed wishes, Advance directive, Knowledge).</p>
9	<p>Title: Advance Care Planning – English Source: palliumcanada YouTube link: https://www.youtube.com/watch?v=pNPtpfKCr_o Category: Short Introduction to ACP Time: 0:57 Country of origin: Canada (National) Renal-specific: No Terminology: BC-appropriate (neutral) Languages: English; Available in French and Portuguese Perceived target audience: Patients</p>	<p>Narrated animation done in the form of a public service announcement (PSA) that can be used in a hospital / clinic waiting room setting where TV sound can be on, to raise awareness of ACP in general. References to Pallium Canada and Speak Up throughout the video and in the final credits, which may not be convenient for some settings. Accent is not typical Canadian / North American.</p>

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10	<p>Title: Advance Care Planning - Don't Take Chances Source: Fraserhealth YouTube link: https://www.youtube.com/watch?v=vxPF3XNZZWg Category: Short Introduction to ACP Time: 1:10 min. Country of origin: Canada (BC) Renal-specific: No Terminology: BC-appropriate (neutral) Languages: English Perceived target audience: Patients</p>	<p>No-narration animation done in the form of a public service announcement (PSA) that can be used as a PSA in a hospital / clinic waiting room setting to raise awareness of ACP in general. There is no narration, which makes the video suitable for use in environments where TV sound should be turned off. May only be appropriate in Fraser Health Authority waiting environments as it refers to FHA at the end.</p>
11	<p>Title: Advance Care Planning (Punjabi) Source: Fraserhealth YouTube link: https://www.youtube.com/watch?v=UWbSZku0GM Time: 9:20 min. Country of origin: Canada (BC) Terminology: BC-appropriate Languages: Punjabi Perceived target audience: Patients</p>	<p>This video was selected to provide an alternative ACP video solution for the Punjabi-speaking audiences.</p>

ADVANCE CARE PLANNING VIDEOS FOR USE IN BRITISH COLUMBIA: FULL COMMENTARY

#	CONTENT DESCRIPTION	COMMENTS / ASSESSMENT
1	<p>BCPRA PALLIATIVE CARE COMMITTEE RECOMMENDED VIDEO</p> <p>Title: Advance Care Planning (English) Source: Fraserhealth YouTube link: https://www.youtube.com/watch?v=-M31-NiH3yU Category: Process Oriented, Neutral Testimonial Time: 18:57 min. Country of origin: Canada (BC) Renal-specific: No; Testimonials/examples in the video include CKD Terminology: BC-appropriate Languages: English; Available in Punjabi and Cantonese dub + traditional Chinese subtitles for the anecdotal / interview parts Perceived target audience: Patients</p> <p>Script: The video explains the essence and importance of ACP and introduces a variety of testimonials by patients who have gone through their ACP process and by health care providers. There are a number of patient examples, including CKD. The video covers physical, psychosocial, spiritual and cultural aspects of ACP. Different social and ethnic backgrounds are presented. BC's official provincial My Voice workbook is introduced as the recommended ACP tool (for more details, see Advance Care Planning in BC - ProvinceofBC in this document). The video introduces the role of an advance care planner as a standalone professional on the care team (although the use of a planner is not legally required in BC). The video is divided into 7 different sections that can be watched separately, and each addresses the ACP process from a slightly different perspective; they can roughly be described as: Patient perspectives and testimonials, ACP essence explanation, Health care choices explanation, Conversations with family and making choices, Spiritual care and what a good life means, introduction to the My Voice workbook, Cultural aspects of ACP.</p>	<p>Pros: Comprehensive video that covers a variety of ACP-related topics and introduces a number of perspectives from patients and health care providers. A calm, down-to-earth and balanced patient-oriented approach with real people who are not actors. The video is anecdotal (has patient stories and examples) and informational. It puts emphasis on conversation and shared decision making. It is emotionally appealing and easy to relate to. Overall, this video is very relevant for BC residents and should serve as a great tool for setting the stage for initial ACP discussions and making ACP a normal part of life. An important section is the explanation of limitations that a health care team may sometimes impose on a patient's wishes expressed during the ACP process.</p> <p>Cons: No clear step-by-step explanation of the ACP process in BC is provided. The video may appear long and repetitive to some viewers; the same message is delivered in several different forms.</p>

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2	<p>✓ BCPRA PALLIATIVE CARE COMMITTEE RECOMMENDED VIDEO</p> <p>Title: Advance Care Planning in BC Source: ProvinceofBC YouTube link: https://www.youtube.com/watch?v=5BD9yJJdhIQ Category: Process Oriented, Neutral Testimonial Time: 12:19 min. Country of origin: Canada (BC) Renal-specific: No; Testimonials/examples in the video include CKD Terminology: BC-appropriate Languages: English; Available with simplified Chinese and Punjabi subtitles Perceived target audience: Patients and health care providers</p> <p>Script: The video works as a step-by-step introduction to advance care planning in British Columbia and to the ACP guide and workbook, My Voice - http://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning – the official provincial document recommended for use by all BC patients and physicians involved in the ACP process. The video explains the essence of ACP, introduces the notion of medically appropriate choices of care and then guides a patient through a series of steps using the My Voice workbook – Download the workbook, Have family conversations, Decide what treatments you will or won't accept, Write down the contact information for your Temporary Substitute Decision Maker (TSDM), Share your plan and keep it accessible. Several patient examples are provided throughout the video to help patients understand the choices they may be facing, including the types of treatment one needs to consider. Different social and ethnic backgrounds are portrayed. The video also explains how certain decisions can be made by health care providers based on BC law in case a person does not leave specific instructions (Representation Agreement or Advance Directive), including the order in which potential Temporary Substitute Decision Makers will be approached. Representation Agreements and Advance Directives in BC are explained in detail. The video introduces two types of Representation Agreements (Standard Section 7 Representation Agreement, Enhanced Section 9 Representation Agreement), and four options of an advance care plan available in BC (Your wishes + TSDM contact list, Your wishes + TSDM contact list + Representation Agreement, Your wishes + TSDM contact list + Advance Directive, Your wishes + TSDM contact list + Representation Agreement + Advance Directive).</p>	<p>Pros: It is one of the best ACP videos with a focus on BC that combines a balanced/structured approach with appealing testimonials from real people. The video is very well produced and presents the information in a clear, understandable, step-by-step way. The video is balanced yet emotionally appealing and introduces concrete examples of how people's values, beliefs and wishes can influence advance care planning. From a process standpoint, the video is comprehensive and directly relevant for BC residents, from both a personal/social and a legal standpoint, especially for those health care providers and patients who plan on using the My Voice workbook for ACP. The video explains the essence of advance care planning in simple terms as well as demystifies the terminology and process involved in ACP.</p> <p>Cons: Minor typo and questionable translation in a few places in the Chinese version. May appear a bit too long to some viewers.</p>

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4	<p>Title: Advance Care Planning Source: AIC SG YouTube link: https://www.youtube.com/watch?v=8Yic-AOHbMs Category: Emotional Testimonial Time: 11:59 min. Country of origin: Singapore Renal-specific: No Terminology: Not BC-appropriate Languages: English with subtitles Perceived target audience: Patients</p> <p>Script: Short feature film that uses actors to provide an imagined but realistic account of a family's struggle with ACP conversations and decision-making. The video explains the essence of ACP and the importance of having ACP conversation through a real-life story. It portrays the themes, roles and reactions that are often typical/natural for similar circumstances, such as: a father who is experiencing a health care crisis and is unable to speak for himself; a son who is avoiding ACP conversations and is not ready to act as a substitute decision maker; a daughter who is forced to assume responsibility and show leadership in the time of crisis; a distressed family pushed by the crisis to start speaking about ACP and seek agreement about a substitute decision maker. The video addresses such common issues as: denial of mortality by family members; inability to assume responsibility for a decision; distress that affects normal behaviour; difference between the right and wrong decision and honouring a patient's wishes and preferences; difference between a patient's wishes and what their relatives may want; making a choice between family members to serve as the substitute decision maker and awkwardness related to this choice.</p>	<p>Pros: This is a very good video from the perspective of setting the stage for an initial ACP discussion with a patient and getting them to think about ACP. Very well produced and extremely emotional, it addresses powerfully the common emotional challenges related to ACP based on a realistic family anecdote. Typical human reactions to a health care crisis are very well acted out, and will resonate with many viewers. The choice between an emotionally stronger vs weaker family member and how this choice may be different from traditional family roles will be extremely relevant for many viewers, especially those who come from more traditional cultures. The video has English subtitles along with narration and, therefore, it will be easier to follow for people whose first language is not English.</p> <p>Cons: This video is extremely emotional, and may appear distressing for some patients, especially those who have experienced similar challenges. No ACP process or terminology explanation. Content may be misleading for the BC audience, as, for example, a trained ACP facilitator referred to in the video is not required for an ACP conversation to occur in BC; in the Canadian context, a social worker may play the same or similar role to that of an ACP facilitator.</p>

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6	<p>Title: What is Advance Care Planning (Living Wills) Source: RQHR YouTube link: https://www.youtube.com/watch?v=AflgqugkgwU Category: Neutral Testimonial Time: 10:03 min. Country of origin: Canada (Saskatchewan) Renal-specific: No Terminology: Not BC-appropriate Languages: English Perceived target audience: Patients</p> <p>Script: Three testimonials of real people – not actors – explaining their reasons to do ACP and their experiences with it. References made to the My Voice workbook. Some discussion of a substitute decision maker. Narrated by a medical practitioner.</p>	<p>Pros: Simple video with a calm and balanced patient-oriented approach. Real people – not actors – who find themselves in different life circumstances (young and healthy, elderly and nearing the end of life, young and faced with a serious illness/medical procedure) help create a wider appeal and are easy to relate to.</p> <p>Cons: Terminology is not fully applicable to BC. Video footage quality is average</p>

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7	<p>Title: ACP Conversations Source: AdvanceCarePlanning YouTube link: https://www.youtube.com/watch?v=6gFzCiMnlg Category: Neutral Testimonial Time: 4:25 min. Country of origin: Canada (National) Renal-specific: No Terminology: BC-appropriate (neutral) Languages: English Perceived target audience: Patients</p> <p>Script: A collection of patients' and healthcare providers' testimonials that focus on why it is important to talk about end of life decisions and wishes.</p>	<p>Pros: Simple and short video with a calm and balanced patient-oriented approach. Real people – not actors – compellingly speak of their own experience with ACP.</p> <p>Cons: No ACP process or terminology explanation.</p>
8	<p>Title: Health care consent laws have changed - What you need to know - FULL VIDEO Source: Doctors of BC YouTube link: https://www.youtube.com/watch?v=a-HFLkL5IRk Category: Process Oriented Time: 6:08 min. Country of origin: Canada (BC) Renal-specific: No Terminology: BC-appropriate Languages: English Perceived target audience: Patients and health care providers</p> <p>Script: The video is done as an ACP Q&A with a palliative care physician (Dr. Doris Barwich). The video focuses on providing an explanation of Advance Directive, substitute decision maker, roles of physicians as guardians of a person's wishes, representative agreements and the role of spouses and guardians, SPEAK framework (Substitute, Preference, Expressed wishes, Advance directive, Knowledge).</p>	<p>Pros: The video explains well how an Advance Directive is an intent to refuse certain kinds of care/ treatment. Focus on partnership between patients and health care providers is emphasized very well. The unusual Q&A format may be appealing to some audiences.</p> <p>Cons: No clear step-by-step explanation of the ACP process in BC is provided. Limited emotional appeal. Not all topics are covered.</p>

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9	<p>Title: Advance Care Planning – English Source: palliumcanada YouTube link: https://www.youtube.com/watch?v=pNPtpfKCr_o Category: Short Introduction to ACP Time: 0:57 Country of origin: Canada (National) Renal-specific: No Terminology: BC-appropriate (neutral) Languages: English; Available in French and Portuguese Perceived target audience: Patients</p> <p>Script: Narrated animation done in the form of a public service announcement (PSA).</p>	<p>Pros: Concise and simple ACP animation that can be used as a PSA in a hospital / clinic waiting room setting where TV sound can be on, to raise awareness of ACP in general.</p> <p>Cons: The appeal of this video may be limited. It may only be relevant in the context of putting ACP on a person's radar, not for preparing ground for serious ACP discussions. References to Pallium Canada and Speak Up throughout the video and in the final credits, which may not be convenient for some settings. Accent is not typical Canadian / North American.</p>
10	<p>Title: Advance Care Planning - Don't Take Chances Source: Fraserhealth YouTube link: https://www.youtube.com/watch?v=vxPF3XNZZWg Category: Short Introduction to ACP Time: 1:10 min. Country of origin: Canada (BC) Renal-specific: No Terminology: BC-appropriate (neutral) Languages: English Perceived target audience: Patients</p> <p>Script: No-narration animation done in the form of a public service announcement (PSA). It briefly explains why ACP is important and outlines the 5 basic steps of the ACP process (Think about what's important to you, Learn about different medical procedures, Decide on a substitute decision maker, Talk about your wishes with you substitute decision maker, loved ones and health care providers, Record your wishes).</p>	<p>Pros: Concise and simple ACP animation that can be used as a PSA in a hospital / clinic waiting room setting to raise awareness of ACP in general. There is no narration, which makes the video suitable for use in environments where TV sound should be turned off. The video is easy to follow and presents ACP as a part of a healthy lifestyle.</p> <p>Cons: The appeal of this video may be limited. It may only be relevant in the context of putting ACP on a person's radar, not for preparing ground for serious ACP discussions. May only be appropriate in Fraser Health Authority waiting environments as it refers to FHA at the end.</p>
11	<p>Title: Advance Care Planning (Punjabi) Source: Fraserhealth YouTube link: https://www.youtube.com/watch?v=UWb_SZkuOGM Time: 9:20 min. Country of origin: Canada (BC) Terminology: BC-appropriate Languages: Punjabi Perceived target audience: Patients</p>	<p>This video was selected to provide an alternative ACP video solution for the Punjabi-speaking audiences.</p>