**Introduction**

The National Renal Services Framework recommends that all patients with ESRD (End Stage Renal Disease) receive a timely evaluation of their prognosis with an individual palliative care plan. Despite this, studies demonstrate that 90% of patients with ESRD have never discussed their prognosis with their nephrologist.

**Aim**

The aim of this project was to utilise an Advanced Care Planning (ACP) document in 10% of this cohort within 12 months.

**Method**

Following an initial patient survey in our HD cohort, (median age 74), we set up a multidisciplinary team comprising nephrologists, palliative care specialists and renal nurses. An ACP booklet entitled ‘*Your life and your choices: plan ahead’* was then used to facilitate face-to-face ACP discussions with individual patients. ACPs were documented and shared with patients’ main care providers and GPs. Following Patient feedback we replaced the initial document with *‘My Advanced Decision to Refuse Treatment (ADRT) document’* which proved easier to understand.

**Results**

Initial survey (89% response rate) found that:

* 71% had never discussed ACP with their nephrologist.
* 93% had never discussed resuscitation.
* 61% expressed interest in discussing resuscitation.
* 70% wanted to be actively involved in ACP.

ACP was achieved in 17% of patients.

**Conclusion**

In this project, patients valued the following factors as most important in ACP discussion:

* Recording ceiling points of care
* Resuscitation status
* Preferred place of care at end of life
* Sharing information with family and medical staff

Through this project we have been able to ‘normalise’ end of life discussions and increase the use of ACPs within our unit. This project underlines the importance of patient involvement in developing an ACP and seeking and respecting patient choice. We aim to extend this project to all patients receiving HD and those attending our low GFR clinics.

A patient’s daughter expressed that ACP “….allowed my father to spend his last few days as he wished at home with his family, for which we will always be grateful.”