Advance directives are legal documents to tell your loved ones and your doctors about the medical treatment you would want if you are not able to speak for yourself. Because a severe illness or accident can happen at any time, all adults should have advance directives.

It is important to let your health care team know if you have advance directives, so they are aware of them and can honor your health care choices. You will be asked if you have advance directives if you are in the hospital.

Here are answers to some common questions about advance directives.

What is an Advance Directive?
An advance directive tells your doctors and other health care workers what types of care you would like to have if you become unable to make medical decisions. This may occur because you are:

- In a serious accident
- Very ill and near death
- In a coma
- Very confused or in late stages of dementia

अग्रिम निर्देशनहरू कानूनी दस्तावेजहरू हुन
जो तपाईले आफै भन्न असक्षम भएको अस्थायी तपाईलाई आवश्यक चिकित्सा उपचारलाई तपाईको प्रियजन र डव्यधर्महरूलाई जानकारी दिनका लागि हुन। किनभने गम्भीर बिमारी वा दुर्घटना कुनैपनि समयमा हुन सक्छ, सबै वयस्कहरूसँग अग्रिम निर्देशनहरू हुनु पर्दछ।

तपाईंसँग अग्रिम स्वास्थ्य निर्देशन: स्वास्थ्य सेवा टीमलाई जानकारी दिनु महत्त्वपूर्ण छ, जसबाट उनीहरूलाई तपाईलाई तपाईलाई तपाईको स्वास्थ्य सेवा विकल्पहरूको समान गर्न सक्नु। तपाई अस्पतालमा हुनुहुन्छ भने तपाईंसँग अग्रिम निर्देशनहरू छन्।

अग्रिम निर्देशनहरूबाट केही सामान्य प्रश्नहरू यस्प्रकार छन्।

अग्रिम निर्देशन हनेको के हो?
अग्रिम निर्देशनले तपाई ले चिकित्सा सम्बन्धी निर्णयहरू गर्न असक्षम हनुभएको अस्थायी तपाईलाई कुन प्रकारको स्वास्थ्य सेवा चाहिँ भनी तपाईको डव्यधर्महरू र अन्य स्वास्थ्य सेवा कर्मीहरूलाई जानकारी गराउँछ। यस्तो अवस्था उत्पन्न हुन सक्छ यदि तपाई:

- गम्भीर दुर्घटना पनि हुन्छ
- सिकिस्त बिरामी पनि हुन्छ, मृत्युको मुखेज्ञि
- कोमामा जानुहुन्छ
- भ्रमित हुनुभएको छ वा स्नृति लोप (dementia) को अन्तिम चरणहरूमा हुनुहुन्छ
In the United States, there are forms you can fill out to tell health care workers about the care you want. These forms are called:

- Health Care Power of Attorney (POA)
- Living Will
- Do Not Resuscitate (DNR) Order

In some states, these forms may be combined.

What is a Health Care Power of Attorney?

This form allows you choose someone you trust to make health decisions if you are unable to do so yourself. You may also hear this called a medical power of attorney or health care proxy.

This person can be a spouse or partner, parent, friend, or someone you trust to make health decisions for you. You may also choose to have an alternate, in case the person is not able to fulfill the role.

The doctor shares information about your condition and care with the person you choose.

- The doctor and other members of your health care team are not able to serve as your health care power of attorney.
- This is not the same as a power of attorney for financial decisions.

What is a Living Will?

A living will is a form that tells the type of medical treatment you want in certain situations. It only comes into effect if you are terminally ill or permanently unconscious, such as in a coma. In a living will, you can tell health care providers about the type of help you want or do not want, such as machines to help you breathe or feeding tubes if you cannot eat normally.

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What is a DNR order?
A do not resuscitate (DNR) order is another type of advance directive, or it may be combined in the Living Will. It allows you to tell your doctors you do not want to have cardiopulmonary resuscitation (CPR) or other treatment to try to revive you if your heart stops or if you stop breathing.

When I fill out these forms, who do I give Advance Directive papers to?
Give a copy of these forms to your doctor. Give one to the person or people who will represent you. Tell health care providers and caregivers that you have an advance directive. It is also a good idea to have a copy with you if you need to go to the hospital for surgery or treatment.

How can I make or change my Advance Directive?
If you have questions or wish to put your choices in writing, tell your doctor or health care provider.

You can change or make a new advance directive at any time. Simply destroy the old one and complete a new form. Be sure to provide new copies to your doctors and to the person or people who will represent you.

डिएनआर (DNR) आदेश भनेको कै हो?
दु नट रिसिस्टेट (DNR) आदेश एक अर्को प्रकारको अग्रिम निर्देश भन्दा, वा यसलाई जीवित इतिहासकृत गायन सिम्बुनालाईको धक्का भोक्नु रुपमा गर्न सक्नुहुन्छ। यसले तपाईले मुक्तेको धक्काको रोकिएको वा तपाईले सास फेरि बन्द गन्नु एको अवस्थामा तपाईलाई समस्त भएको प्राप्त नभएको कालियो स्थानीय रिसिस्टेटिएन (CPR) वा अन्य उपचार दिइयोस भन्नी चाहनुहुन्छ भनी तपाईले डक्टरहरूलाई जनाउन अनुमति दिइँछ।

मैले यी फारामहरू भर्दा, अग्रिम निर्देश कागजहरू मैले कसलाई बुझाउनु पर्छ?
यी फारामहरूको प्रतित तपाईको डक्टरलाई दिइन्छ। एउटा प्रति तपाईको प्रतिनिधित्व गर्ने व्यक्ति वा व्यक्ति हरूलाई दिइन्छ। तपाईसँग अग्रिम निर्देश भने जनकारी स्वास्थ्य सेवा प्रदान गर्न र स्वास्थ्य र सरकारको हरूलाई दिइन्छ। सच्चगरूवा उपचारको लागि तपाई स्वास्थ्य सेवा अपातल जानु पनि अवश्यकता पर्दा वस्तो प्रति तपाईसँग राख्न पनि राम्रो विचार हो।

मैले मेरो अग्रिम निर्देश कसरी तयार गर्न वा त्यसमा परिवर्तन गर्न सक्छौ?
यदि तपाईको कुनै प्रश्न छन्द वा अफसुसी रोजाइ लिखित रूपमा राख्न चाहिएको भने तपाईको डक्टर वा स्वास्थ्य सेवा प्रदातालाई जानकारी दिइन्छ।
तपाईले कुनैभन्दा समयमा नयां अग्रिम निर्देश त्यार गर्न वा त्यसमा परिवर्तन गर्न सक्छौ। पुरानोलाई नष्ट गरेका नयां फारम भन्नुभए भएः नयाँ अग्रिम निर्देशनका प्रतिच्छ आफ्नो डक्टरलाई तथा तपाईको प्रतिनिधित्व गर्ने व्यक्ति वा व्यक्तिहरूलाई उपलब्ध गराउने कुरो सुनिक्षित गन्न्छ।