

**Workshop on The Avant-Garde Holistic Advance Care Planning:
the Conceptualization and Implied Practices**

Advance Care Planning (ACP) is the process of purposive communication between patients with advanced disease, their family members as well as health care workers. The goal of ACP is to clarify patients' values and preferences of medical and personal care at the end of life when patients lose their capacity to make decision. Currently, ACP is focused in medical or physical care. Confronting end-of-life situation, patients have physical, psychological, social and spiritual needs. ACP should not be limited to physical or medical care planning but also psychological, social and spiritual care. A holistic ACP is more aligned with the essence of end-of-life care which addressing the multidimensional needs. The timing of introducing ACP is controversial. Integrating the model of 3 levels of prevention of Gordon (1983) and Transtheoretical Model (TTM) of Prochaska and DiClemente (1983), a conceptual interdisciplinary multistage mode of Holistic ACP is developed. In this workshop, the conceptualization and implied practice directions will be illustrated. Group exercises will be carried out to formulate concrete practice plan and to drill hand-on skills in implementation.