

## Advance Directives of Will

Legislation:

Law nº 25/2012, 16 of July 2012

### What are the anticipated will directives:

- Vital Testament;
- Health Care Prosecutor

### SCHEDULE OPERATION AT ACES CÁVADO I – BRAGA:

Largo Paulo Orósio

4700 – 036 Braga

### SERVICE SCHEDULE

**Tuesday:** 9:30 am – 12:30 pm; 14:30 pm – 16:30 pm

**Thursday:** 9:30 am – 12:30 pm; 14:30 pm – 16:30 pm

### Access this application on:

<https://www.sns.gov.pt/sns-saude-mais/testamento-vital-2/>



## LIVING WILL A CITIZENS RIGHT

## What is Living Will?

The Living Will is an electronically recorded document where you can express the kind of treatment or health care you want or do not want when you are unable to express your will. The Living Will also allows the appointment of one or more health care providers.

The registration of the Vital Testament, in the National Registry of the Vital Testament (RENTEV), will allow the timely availability of information in your Testament for consultation by doctors.

### The following provisions may be included in this document:

- a) Not to be submitted to treatment of artificial support of the vital functions;
- b) Not be subjected to futile or disproportionate treatment in the clinical setting and in accordance with good professional practice, in particular with regard to basic life support, feeding and artificial hydration measures aimed only at delaying the natural process of death;
- c) Receive appropriate palliative care for your health situation;
- d) Not to be submitted to treatments that are in experimental phase;
- e) Authorize or refuse participation in scientific research programs or clinical trials.

## How to fill out the Living Will?

To simplify the process, the citizen can access the Citizen's Area, download the form with the Model of Advance Directive of Will (DAV), fill out and deliver at ACeS Cavado I Braga. In this way, the Living Will will be registered in the computerized health system, the RENTEV. The National Register of Living Will keeps your information up to date, ensuring it is made available in a timely manner when necessary.

The user can also go directly to any ACeS and fill in with the service employee the Model of DAV

**The National Vital Testament register keeps your information up to date,** ensuring timely availability when needed.

The user can also go directly to any ACeS and fill in with the service officer the DAV Template.

## How to consult the Living Will?

In a context of urgency or specific treatment, the attending physician will be able to consult his / her Living Will of the user, through the Portal of the Professional, thus guaranteeing that his previously expressed will is fulfilled. The user himself can, through the Área do Cidadão, verify that his Living Will is correct, active, on time, following all the accesses that are made by the doctors.

## Health Care Prosecutor

Any person may appoint a health care proxy by assigning him representative powers:

- Interpret and implement the written or oral instructions of the patient;
- In the absence of prior instructions, decide what care to receive, based on the patient's values and goals, that is, in the patient's best interest, or both, when the person is unable to express their personal will.

## CAPACITY REQUIREMENTS AND COMPETENCIES

- Be over 18 years old;
- Not to be banned or disabled due to psychic anomaly;
- Be able to give your free and informed consent for the practice of health care.