



*The Maryland State Medical Society*

**News: For Immediate Release**

Additional Information Contact:

Gene M. Ransom, CEO

Office: 410-539-0872 x 3305

## **MEDCHI STRESSES THE IMPORTANCE OF NATIONAL HEALTHCARE DECISIONS DAY**

BALTIMORE, April 16, 2020 — MedChi, The Maryland State Medical Society, is encouraging everyone to participate in National Healthcare Decisions Day (NHDD), which happens every year on April 16 since 2016 when Maryland HB91/SB442 was passed. This day exists to inspire, educate, and empower the public and health professionals about the importance of advance care planning and to encourage patients to express their wishes regarding healthcare and for health professionals and facilities to respect those wishes, whatever they may be.

MedChi President, Dr. Michele Manahan, states “As we are all facing the novel coronavirus crisis, many of us are thinking about our health and the future more often than previously. Even when we are healthy and foresee no threats to our well-being, it can be wise to consider advanced planning for health care decisions that might be faced by our loved ones when we cannot make them for ourselves.”

Especially during the current pandemic, MedChi is urging patients to prepare a “Medical Go-Bag” to help health professionals be able to help them should they have to go to the hospital and is also urging health professionals to share this suggestion with their patients.

“Now more than ever, every Marylander over the age of 18 ought to have an advance care plan, including an advance directive. These are easy to complete, free, legal forms available from many sources including hospitals, the State Attorney General's office, AARP, and online, including [mydirectives.com](http://mydirectives.com) (recognized by the Maryland Health Care Commission). Put together a “Medical Go-Bag” listing your medical conditions, medications, recent lab and imaging tests, an EKG if available, and your advance directive. Bring that with you should you need to go to the hospital ER. Doing this will help you and help those taking care of you” states Dan Morhaim, M.D.; Author, *"Preparing for a Better End"* (Johns Hopkins University Press).

### About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit [www.medchi.org](http://www.medchi.org).