

Useful resources

To find out more about the **Act respecting end-of-life care** (the requirements, your rights, how to apply), consult this site:

<https://www.quebec.ca/en/health/health-system-and-services/end-of-life-care/act-respecting-end-of-life-care>

For more information about the **Advance request for medical aid in dying**, consult the Guide for the person and their loved ones – Advance request for medical aid in dying, available on the site of the ministère de la Santé et des Services sociaux at:

<https://publications.msss.gouv.qc.ca/msss/en/>

Service Quality and Complaints

CISSS de la Côte-Nord

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Centre intégré de santé et de services sociaux de la Côte-Nord

The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord serves a population of approximately 90,000 inhabitants and covers a territory that goes from Tadoussac to Blanc-Sablon (almost 1,300 km of shoreline), including Anticosti Island and the northern towns of Fermont and Schefferville.

The CISSS de la Côte-Nord is responsible for planning, coordinating, organizing and offering health and social services to the entire population of the region. It has approximately 4,000 employees working in more than fifty facilities.

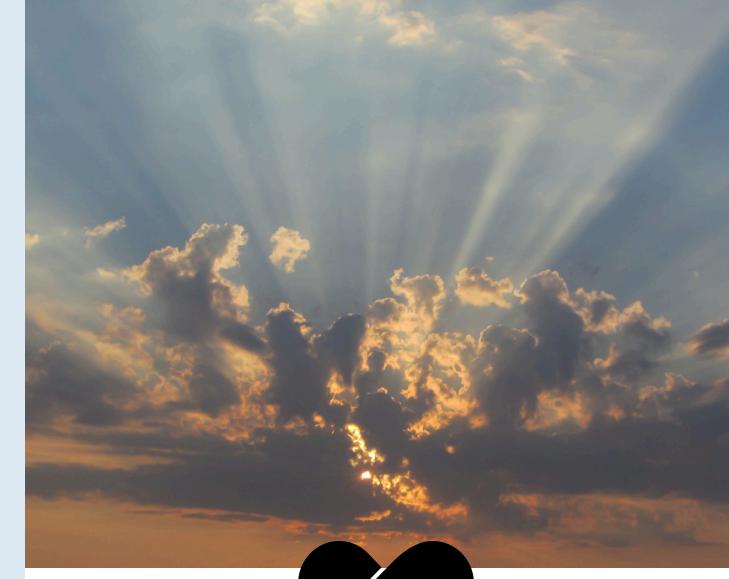
Medical department of professional services and university education

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418 589-9845, extension 252138

Reference: Document partially inspired by a pamphlet from the CIUSSS de l'Estrie-CHUS.

*Centre intégré
de santé
et de services sociaux
de la Côte-Nord*

Québec 



Medical Aid in Dying
To inform you
and support you

Québec 

This pamphlet explains contemporaneous medical aid in dying (MAID), which means wanting to receive it in the short term. For advance requests for MAID, consult the 'Useful resources' section.

What is contemporaneous medical aid in dying (MAID)?

It is the administration of medications by a competent professional*, at the request of a person, in order to relieve their suffering by bringing about their death.

Who can receive it?

The conditions set out in the Act are the following:

- Be insured within the meaning of the Health Insurance Act;
- Be aged 18 years or older and capable of giving consent to care (able to understand the situation and information given by health professionals as well as make decisions);
- Be in one of the following situations:
 - suffering from a serious and incurable illness and be in a medical state of advanced and irreversible decline in capability;
 - have a serious physical impairment causing significant and persistent disability;
- Experience enduring and unbearable physical or psychological suffering that cannot be relieved under conditions the person considers tolerable.

* Physician or specialized nurse practitioner (SNP)

What are the steps to follow?

A request for information

The first step is to talk about it to a member of your health care team (physician, nurse, psychosocial worker, etc.). This step is necessary to answer your questions, initiate a discussion, inform you and specify your wishes. This does not commit you to anything: express yourself and ask your questions.

A written request

If after having read the information, you decide to continue with this course of action, you must submit an official request. This request consists in filling out a form that you will sign in the presence of a health care professional and an independent witness, who has no interest or advantage linked to your death.

At all times, the request must be:

- Made freely, meaning without any pressure from the people you know or from personnel;
- Made on an informed basis, after having received the information necessary to make a decision.

Medical evaluation

After signing your request, you will meet with two competent professionals charged with evaluating your eligibility:

If they both confirm your eligibility, the process continues.

If one of them refuses, your request is denied and adapted alternatives will be proposed to you.



Preparation

Once the request for medical aid in dying is accepted, the members of the health care team will validate your decision and make sure that you wish to continue the process. You will then discuss the location where you wish to receive the care, the date, the loved ones who will be present, the rituals and your last wishes. Your preferences will be taken into account based on the possibilities that are offered by the setting.

The medication will be administered intravenously. A member of the health care team will validate this aspect with you.

Under certain conditions, a written agreement with the physician or specialized nurse practitioner (SNP) can allow you to receive the care even if you lose your ability to consent.

Be sure to discuss this with your physician or SNP and to have updated your legal documents according to your wishes (estate, funeral services, etc.).

On the appointed day

You will receive the care in the presence of your loved ones, a competent professional, a nurse and other health workers based on your needs. Three medications will be administered to you intravenously:

The 1st one is to relax you;
The 2nd one puts you in a deep induced coma;
The 3rd provokes cardiorespiratory arrest, cardiac arrest and then death.

The entire process lasts approximately 10 minutes. The health care team will remain at your bedside until your death, as well as your loved ones based on your wishes.