

## La personne à prévenir

The hospital personnel may also ask you to give them contact details for a “*personne à prévenir*” or person to contact. This person is not the *personne de confiance* and does not carry out the same role.

Your person to contact would be contacted in case of a worsening of your state of health, or to help the care team with every day formalities (for example, administrative formalities). However, this person will not be asked for his or her opinion by virtue of the mere fact that you have designated him or her as your person to contact.

You can designate the same person to be your *personne de confiance* and your person to contact.

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HEMATO-DS-030 - PAO 08-01

This English version  
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## LA PERSONNE DE CONFIANCE\*

If you are over 18 and you are not under guardianship, you can, if you wish, designate a “*personne de confiance*”, or health care proxy, chosen freely from those close to you.

\* A *personne de confiance* is a role established under French law and is approximately equivalent to a healthcare proxy, or someone with a Lasting Power of Attorney for Health and Care decisions. His or her prime role is to express the wishes of the patient in the event that the latter is not able to do so for him or her self due to e.g. deterioration in the patient’s state of health.



Direction de l'organisation,  
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et des relations avec les usagers





## What is meant by “Personne de Confiance”?

The person you designate can:

- **Be on hand to support you generally and be present with you when you see the doctor.** That way he or she will be able to help you take decisions
- **Speak for you under circumstances when your state of health prevents you from giving your opinion or take part in decisions that involve you;** the doctor or in case of hospitalisation the team caring for you will consult as a priority the person you have designated. The opinion of this person will guide the doctor in his decision making.

You can also entrust your advance directives to your *personne de confiance*.

## What is the scope of my *personne de confiance*'s involvement?

**He or she will not have access to your patient notes** (unless you provide a specific power of attorney to do this). In addition, if you prefer some information not to be disclosed to him or her, this will remain confidential whatever the circumstances. On the other hand, if your *personne de confiance* has to be consulted because you are not in a position to speak for yourself, he or she will be provided with information considered sufficient to be able to express what you would have wished.

If you are admitted to hospital, the opinion of the *personne de confiance* will be taken into account by the medical team, but **it is the doctor who will have the final say when a decision is to be taken.**

On the other hand, in the very specific case of biomedical research, if you are not in a position to express yourself and biomedical research is envisaged under the terms laid down by law, **authorisation will be sought from your *personne de confiance*.**

## Who can I designate?

**Anyone close to you whom you trust** and who is ready to take on this responsibility: a relative, you spouse, your partner, someone close to you, your GP...

The person you designate as your *personne de confiance* can also be the person you have designated as the person to contact in case of need: the person to contact and the *personne de confiance* may or need not be the same person.

## When to designate my *personne de confiance*?

**You can do this at any time.**

If you are admitted to hospital, you can designate your *personne de confiance* **at the time of your admission**. But you can also do this **in advance of or during your time in hospital**. The important thing is to have thought about it carefully and obtained the agreement of the person your wish to designate before deciding.

The designation you make for admission to hospital is valid only for that stay. **If you want to extend it**, you just need to put this wish in writing. **You can change your mind at any moment** and either cancel your designation or replace your *personne de confiance* with someone else. You are also free not to designate a *personne de confiance*.

Any information you have given about your *personne de confiance* will be held in your patient notes, and kept within the hospital.

## How do I designate my *personne de confiance*?

You need to make your designation in writing on the form provided for this purpose, which will be handed to you when you arrive in the department caring for you. If you want to change the designation you made initially, you should also do this in writing and you can do all you think useful to ensure any changes are taken into account.