

BACKGROUND

- Advance Care Planning (ACP) is a discussion of care options; patient beliefs, values and preferences; mental and physical prognoses; and care decisions not restricted to goals-of-care and resuscitation directives.
- A national public survey determined that 60% of individuals want their health care provider to provide them with information on ACP.
- ACP rarely occurs in primary care settings.
- Primary care providers (PCPs) want to increase comfort in having ACP discussions with patients.
- Patients share longitudinal relationships with their PCPs, which facilitates improved patient-centred care during ACP discussions.

OBJECTIVES

1. To implement and evaluate communication training for PCPs to improve the quantity and quality of ACP conversations with their patients.
2. To investigate whether ACP can become routinized by the PCPs at the McMaster Family Health Team.

METHODS

SICG Training Effectiveness

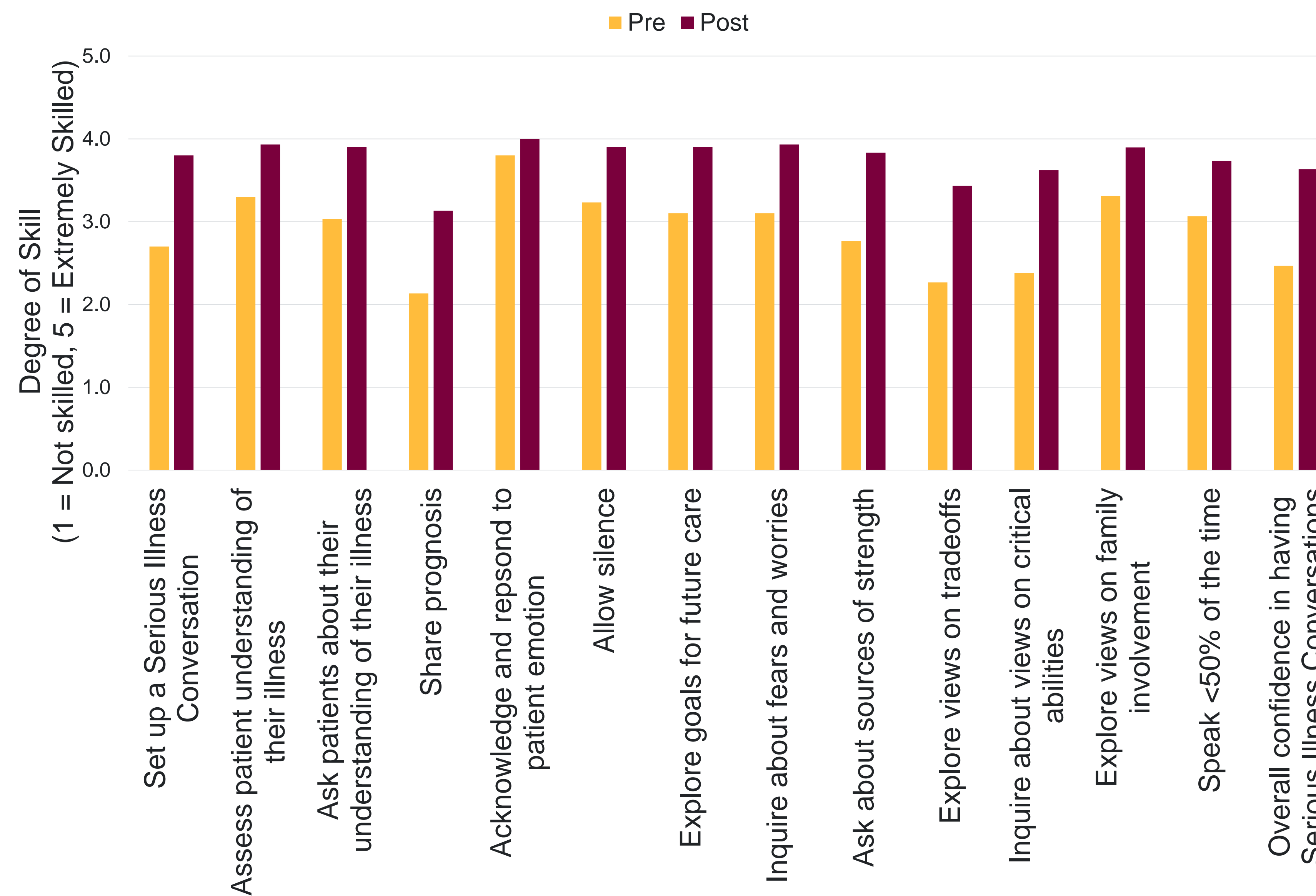
- PCPs (N = 30) attended 2.5-hour Serious Illness Conversation Guide (SICG) training workshops, adapted from Ariadne Labs, to improve their abilities in conducting ACP.
- PCPs completed pre- and post-workshop self-assessments gauging confidence in conducting ACP.
- PCPs will use the adapted SICG to conduct ACP conversations with 3 patients in their care.
- Eligible patients are aged 65 or older, having any diagnosis of chronic illness or frailty that shortens lifespan.

Normalization Process Theory

- PCPs (N =15) completed a custom NoMAD survey to gauge clinician perceptions concerning ACP implementability and sustainability into primary care.
- One-on-one structured interviews (N = 7) were conducted to further examine PCPs perceptions regarding barriers to implementation.
- A focus group (N = 7) was conducted to discuss issues raised in the one-on-one interviews.

SICG Training Effectiveness

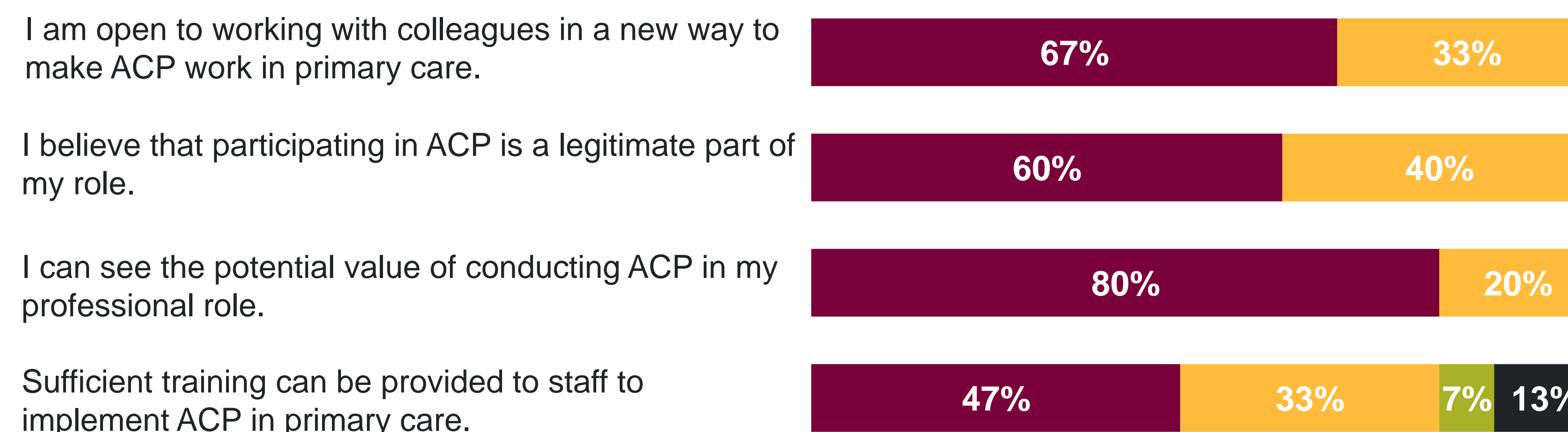
ACP Self-Assessment Mean Scores (N = 30)



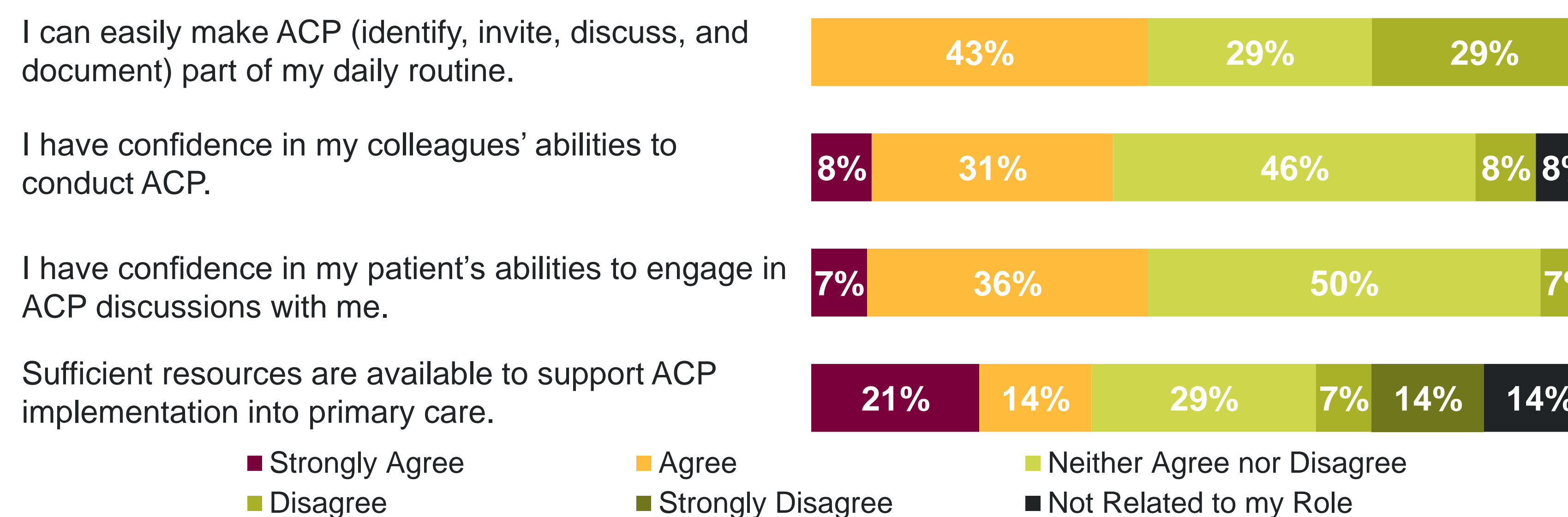
Normalization Process Theory

NoMAD Survey Key Findings (N = 15)

Trained PCPs are receptive to ACP in primary care...



Mixed confidence regarding implementation & sustainability....



FINDINGS

SICG Training Effectiveness

- PCPs reported the workshops as highly effective in improving ACP skills, with 89% of respondents rating the workshops as either Extremely Effective or Mostly Effective.
- PCPs reported a 47% mean increase in overall confidence in having serious illness conversations.
- Post-workshop assessments reported improvements in every measured component.
- Paired t-tests conducted to compare pre- and post-workshop mean scores determined that pre- and post- mean scores were statistically significantly different (P<0.05)

Normalization Process Theory

- NoMAD survey results indicate that trained PCPs are highly receptive to the idea of ACP in primary care, but less confident in ACPs implementability and sustainability into primary care.
- PCPs often reserve ACP discussions for palliative care patients or critical situations .
- Allied Health, notably nurses and social workers, identified identification and prognostication as major barriers to implementation.
- Allied Health suggested increased collaboration with physicians to help overcome challenges associated with identification and prognostication.
- Physicians identified busy clinical schedules and perceived ACP comfort/confidence as potential barriers to implementation.
- Physicians suggested utilizing a two-stage approach to pre-frame discussions into a separate follow-up visit to overcome scheduling challenges.

CONCLUSION

- The adapted SICG training workshop is effective in improving PCP skills and confidence in conducting ACP.
- Further research will be conducted to examine patient, substitute-decision maker, and clinician experiences utilizing the SICG.
- Trained PCPs are receptive to the idea of ACP in primary care but are less confident in ACPs implementability and sustainability.