

Webinar Series  
September 12,  
2018



**Mixed Methods feasibility study of group peer support interventions to engage the public in ACP**

**Doris Barwich, MD, CCFP (PC)  
University of British Columbia  
Eman Hassan, MD, MPH  
BC Centre for Palliative Care**

[www.cfn-nce.ca](http://www.cfn-nce.ca)



**Canadian  
Frailty  
Network**

**Réseau canadien  
des soins aux  
personnes fragilisées**

# Welcome



- **Today's webinar will be hosted by CFN's Executive Director: Carol Barrie**
- **Q&A session: Please submit your Qs online during presentation**
- **We will answer as many Qs as time permits**



# Reminder: Survey & Webinar



- **Survey will pop up on your screen after webinar**
  - **Feedback on how to improve webinar series**
- **Webinar slides & video available for viewing online within 1-2 days at:**
  - **[cfn-nce.ca/news-and-events/webinars](http://cfn-nce.ca/news-and-events/webinars)**



# CFN Frailty Hot Topics Webinar Series



- **Influenza vaccination: a shot against frailty in older adults**  
**– Thursday, September 27, 2018**
- **Presented by:**
  - **Stefan Gravenstein, Brown University**
  - **Melissa Andrew, Dalhousie University**
  - **Richard Baydack, Manitoba Health**
- **Register here: <http://bit.ly/CFNimmunization>**



# Reminder: Upcoming CFN Webinars



Register at:

<http://www.cfn-nce.ca/news-and-events-overview/webinars/>

- **Wednesday, November 7, 2018 at 12 noon ET**

FRAMING-LTC: Frailty and Recognizing Appropriate Medications IN Geriatrics and Long-Term Care – CFN-funded Strategic Impact Grant Program – Andrew Morris, Sinai Health System, Susan Bronskill, Institute for Clinical Evaluative Sciences and Lianne Jeffs, St. Michael's Hospital

- **Wednesday, November 21, 2018 at 12 noon ET**

A National Comparison of Intensity of End-of-Life Care in Canada: Defining Changing Patterns, Risk Factors and Targets for Intervention – CFN-funded Core Research Grant Program – Robert Fowler and Andrea Hill, Sunnybrook Research Institute

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2018-09-12



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# CFN 2018 National Conference



- **September 20-21, 2018 in Toronto, Ontario**
- **Includes the 2018 Innovation Showcase (Thursday, September 20)**
- **To register and view more details, visit our conference website:**  
**<http://www.frailtyconference.ca/>**



# Presenters

## Mixed Methods feasibility study of group peer support interventions to engage the public in ACP



- Executive Director for the BC Centre for Palliative Care
  - Clinical Associate Professor at the University of British Columbia
  - Co-Chair of the Provincial Palliative Care Advisory Committee
- 
- Director of Public Health Initiatives at the BC Centre for Palliative Care
  - Leads its Advance Care Planning and Compassionate Communities Initiatives
  - More than 15 years of experience leading the implementation and evaluation of population health and community-based initiatives



**Doris Barwich,  
MD, CCFP (PC)**



**Eman Hassan,  
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# CFN Catalyst Grant: Mixed Methods feasibility study of peer support intervention to engage the public in ACP

## Presenters:

Doris Barwich MD CCFP(PC) Executive Director  
& Eman Hassan MD MPH  
Director Public & Community Initiatives  
BC Centre for Palliative Care

## On behalf of Principal investigators:

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Dr. Jennifer Kryworuchko BN, MN, PhD UBC Faculty of  
Nursing  
Dr. Arminee Kazanjian DrSoc, UBC School of Population  
and Public Health





# Acknowledgements

## Investigators

- Doris Barwich
- Jennifer Kryworuchko
- Arminee Kazanjian
- Eman Hassan
- Shimae Soheilipour
- Jessica Simon
- Richard Sawatzky
- Kelli Stajduhar
- Pippa Hawley

## Research team

- Rachel Carter
- Amber Husband
- Larry Mroz

## Working group

- Terry Webber
- Pat Porterfield
- Barb Colwell
- Barb Warren
- Joyce Kuhn
- Sue Grant
- Karen Sanderson
- Kathy Kennedy

## Community volunteers & staff from

- Comox Valley Hospice Society
- VCH Community Engagement & Advisory Network (CEAN)
- Cowichan Valley Hospice Society
- Kamloops Hospice Society
- Nanaimo Hospice Society
- Pacific Rim Hospice Society
- Seniors 411 Centre
- Sunshine Coast Hospice Society
- Terrace Hospice Society

## Funding:



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Ministry of  
Health



Institute for Health System  
Transformation & Sustainability



BC Centre for  
Palliative Care

# BC Centre for Palliative Care

**Established in  
2014:  
To enable  
excellence in  
compassionate,  
person-centred  
care  
for everyone  
affected by  
serious illness.**





# Key Strategy: Advance Care Planning

A process where you:



think about and share  
your values, beliefs and wishes

to support informed health-care  
decision making



that can help you get  
care that's right for you

# Intervention: Community-based Peer-facilitated sessions

Goal	<ul style="list-style-type: none"><li>• Increase ACP engagement &amp; awareness</li><li>• <i>More, Better, Earlier</i> conversations</li></ul>
Objectives	<ul style="list-style-type: none"><li>• Increase public knowledge, awareness &amp; engagement</li><li>• Increase community engagement in ACP</li></ul>
Model	<ul style="list-style-type: none"><li>• Public education &amp; toolkit of resources</li><li>• Education delivered by peer facilitators in community</li><li>• (Initial support from SEED GRANT program (\$3000))</li></ul>

# CFN funded Catalyst grant: Research aim

To develop, implement and evaluate  
the feasibility and acceptability of

**community-based, peer-facilitated**

**Advance Care Planning sessions**

for frail older adults, their caregivers and families

# Research Questions

## 1. What is the impact of the intervention on:

- Peer facilitators' ability (knowledge & confidence) to deliver sessions?
- Participants' knowledge, awareness, attitude, readiness, and engagement in ACP?

## 2. What is the experience of:

- Peer-facilitators?
- Community organizations?

# Data collection

## Peer-facilitator data

- Pre-workshop questionnaire
- Post-workshop questionnaire
- Focus groups

## Participant data

- Post-workshop questionnaire
- Follow-up questionnaire (4-6 weeks)

## Organizational representative data

- Interviews

# Development



# Model co-developed with end-users

Community Engagement Advisory Network



Comox Valley Hospice Society



# Model components

Training

Online & in person workshop

Organisation resources



Peer-facilitator resources



Participant resources



Coaching & Mentoring



## Peer-Facilitated Advance Care Planning Public Sessions

Facilitator Guide

October 2017



## Peer-facilitated Advance Care Planning public sessions

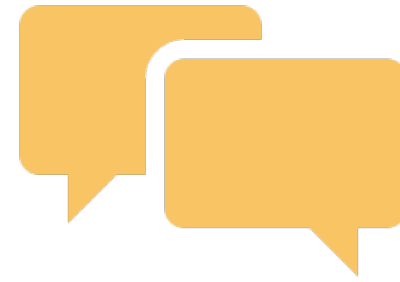
Program Overview

August 2017

# Examples of developed tools

# About the sessions

1. Two-hour session
2. Covers key components in ACP process
3. Interactive & Flexible
4. Stories & visual aids
5. Link people to useful resources



# Schematic for Facilitating Public ACP Sessions

## Welcome

### Introductions

**Assemble:**  
a comfortable & safe space



**Engage! Use Stories.**  
Aids: Videos, Letters, Quotes, Pictures



**Acknowledge:**  
the conversation is starting here today!

**Adapt:**  
your conversation to your audience

## What is ACP?



Helps you to:

- Think
- Talk
- Plan

## When to do ACP?

- ▶ Life's milestones
- ▶ Changes in health
- ▶ Final months/years

## Why is ACP important?



For you



For your family



For your health-care providers

## Who should do ACP?

Everybody!



## How to do ACP?

### Think

**What** matters most to you?  
**Who** could make health-care decisions for you if you cannot?

### Talk

**Discuss** your thoughts with:

- those closest to you; and
- your health-care providers.

### Review

### Plan

**Record** your wishes.  
**Share** your plan with:

- those closest to you; and
- your health-care providers.

## Wrap Up

- ▶ Express appreciation for conversation
- ▶ Summarize

# Implementation

# Early adopters: May 2016-January 2017

- 9 community organizations-  
*mostly hospice societies*  
8 participated in research
- 54 volunteers trained  
Data from 46- 54 volunteers
- 23 peer-facilitated sessions
- 266 public participants  
217 completed questionnaires  
60 were interviewed 4-6 weeks post-session date





# Peer-Facilitator training

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Richmond &  
Prince George BC



# Evaluation

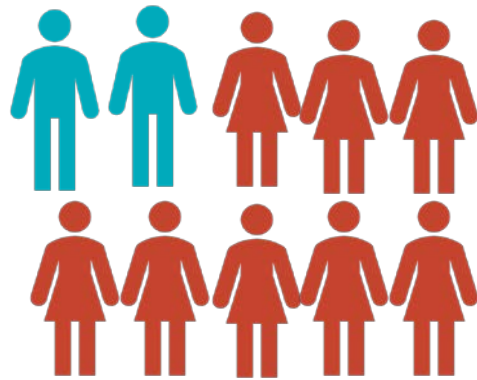
# Peer Facilitators

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# Peer-facilitators demographics

*\*Data from 54 trained peer-facilitators.*



80% female



86% had previous  
facilitation experience  
15% of which had ACP  
facilitation experience

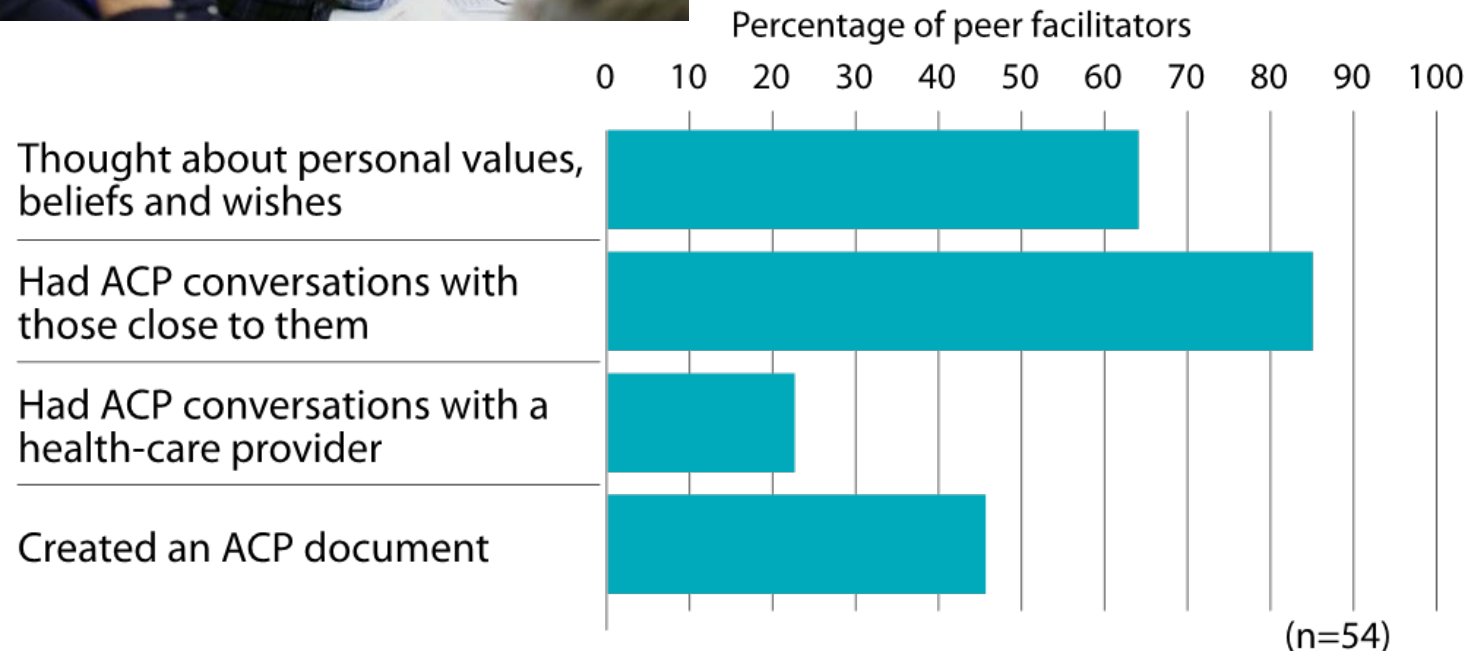


74% had  
health care  
experience



18% had  
teaching  
experience

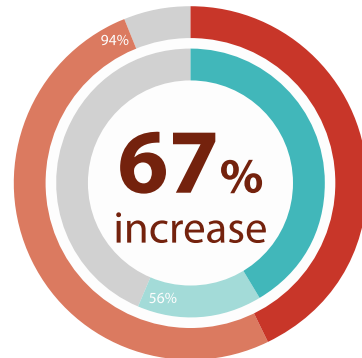
# Peer-Facilitators Prior ACP Engagement



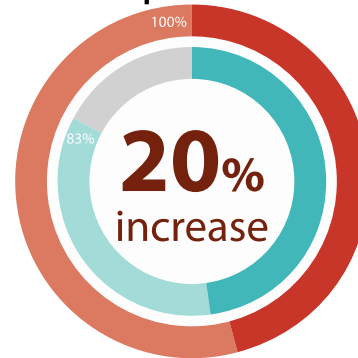
# Training enhanced knowledge!

92% scored 5/6 or more on ACP knowledge test after the training.

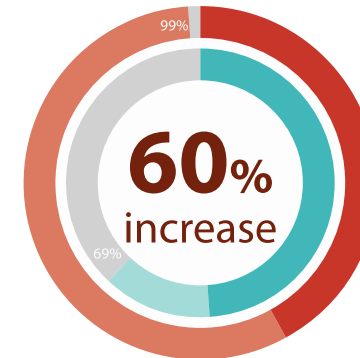
Concepts and terms of ACP



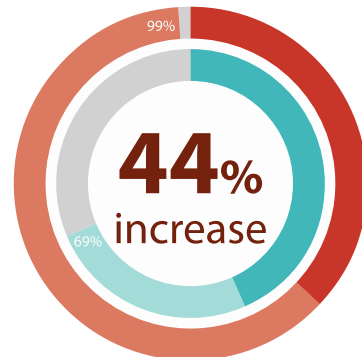
Why ACP is important



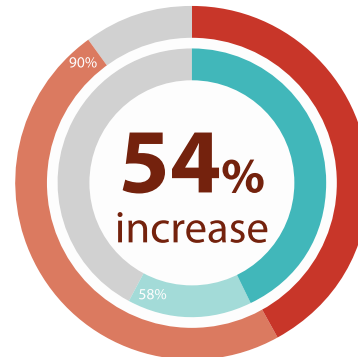
The ACP process



How a SDM is identified



What an Advance Directive is



**Before**  
Strongly Agree  
Agree

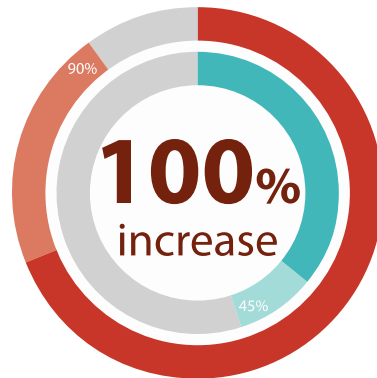
**After**  
Strongly Agree  
Agree

(n=48)

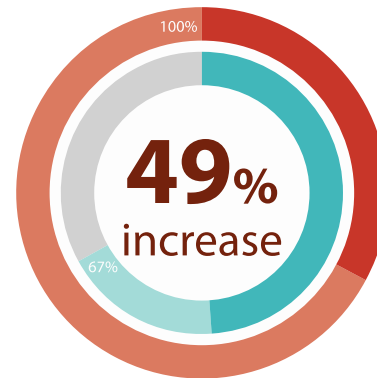
# Training improved skills & confidence!

## Self-perceived skills and confidence

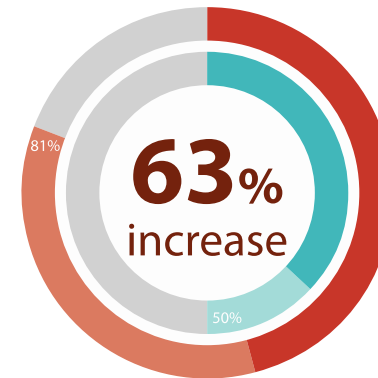
Ability to explain & answer questions about ACP



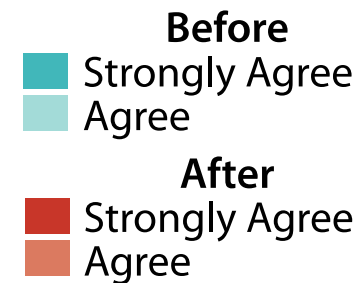
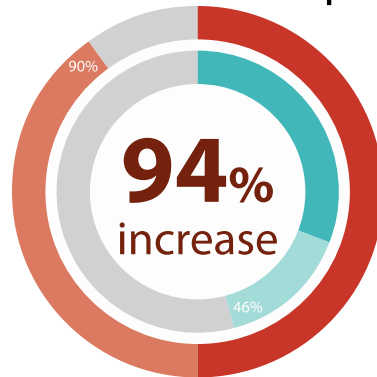
Know where further information can be found



Have required facilitation skills



Ability to facilitate ACP workshop



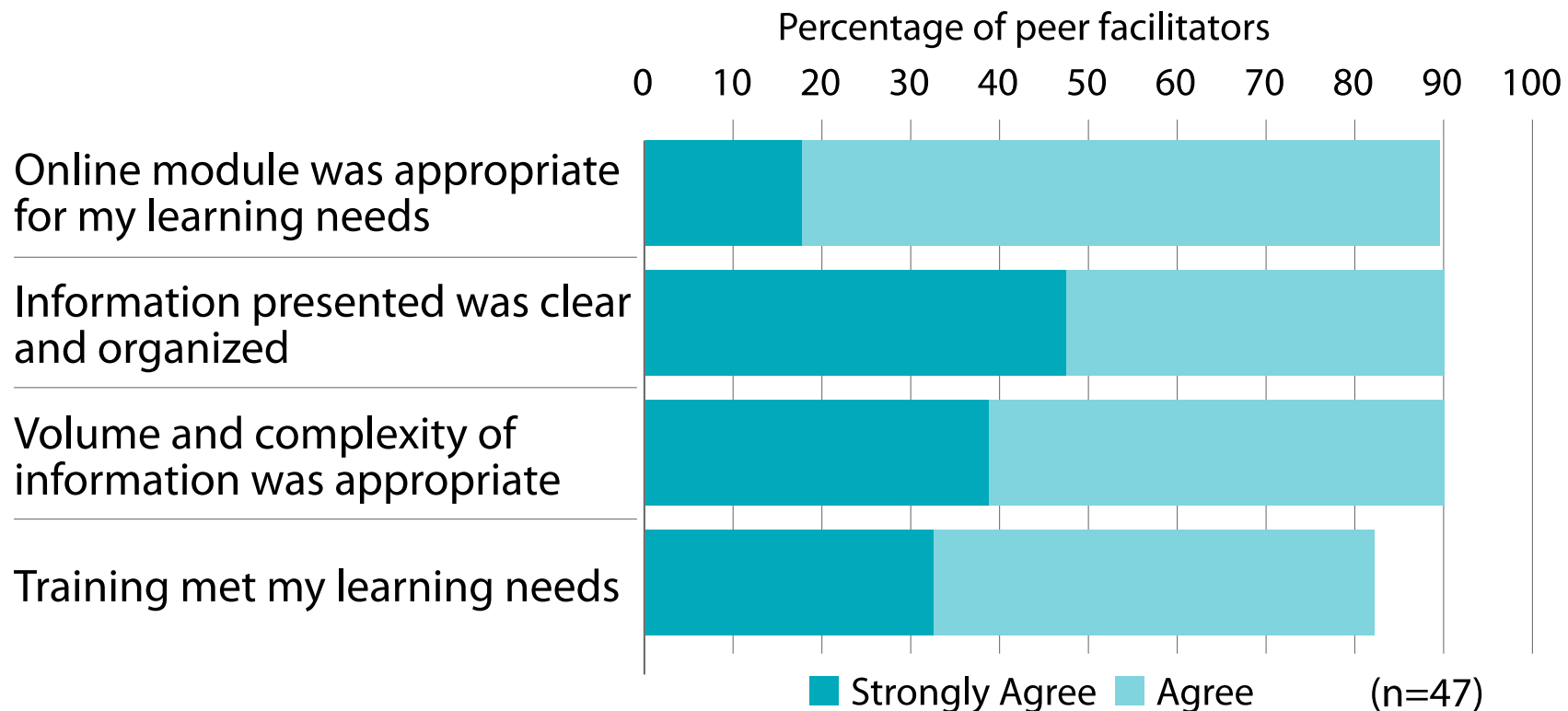
(n=47)

# Peer-facilitators satisfied with Training!

**90% satisfied with the training**

**82% agreed that the training met their training needs**

## Satisfaction with training



# Experience of Peer-facilitators

Session structure captures the heart!



*" That was the most powerful piece of all of this; stories, stories and stories.*

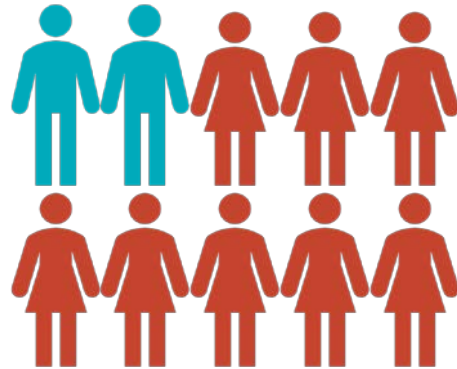
*Because they're real, they happen to real people and immediately I can identify."*



# Public Participants



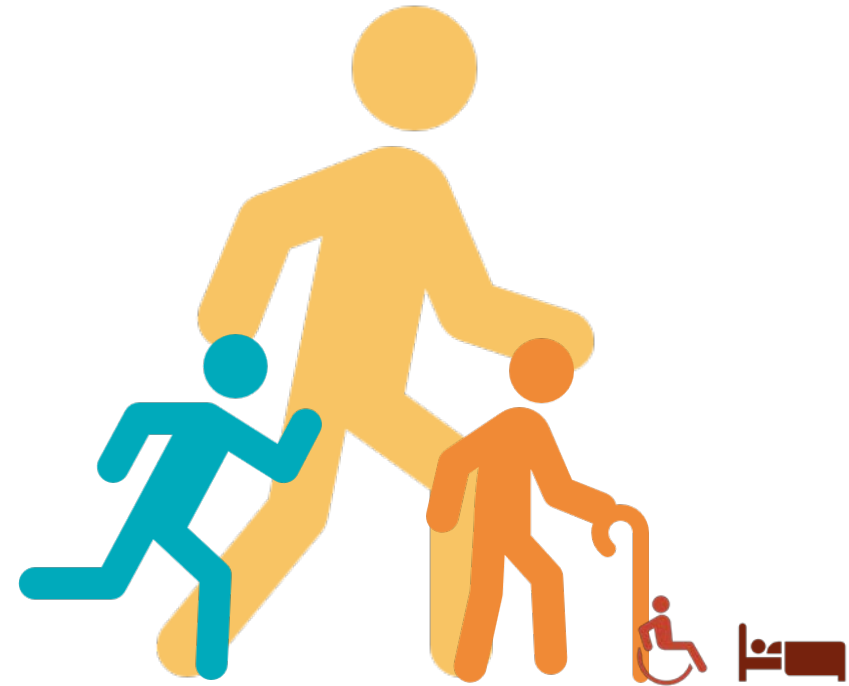
# Participants demographics



78% female



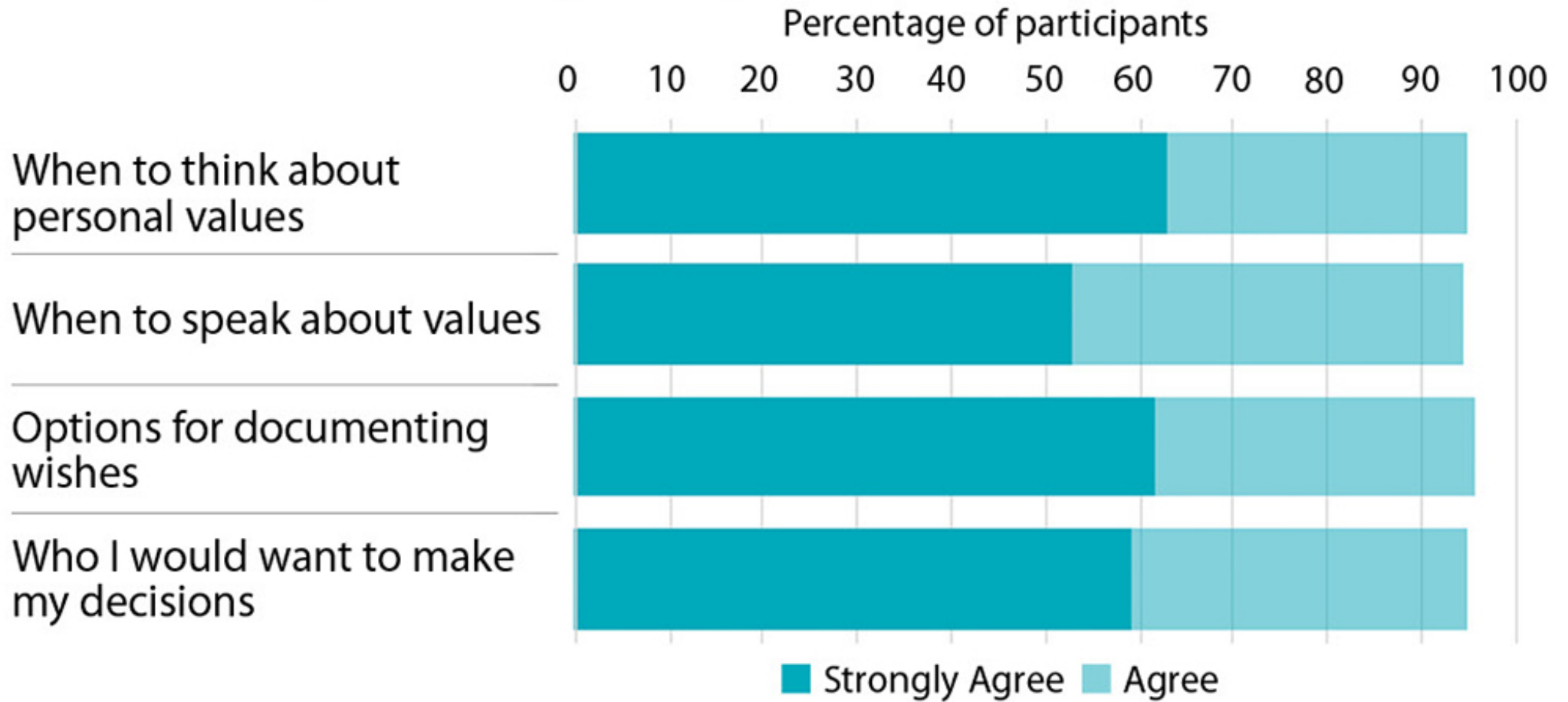
Average  
age 65



23%	45%	24%	6%	2%
Excellent	Good	Good	Fair	Poor

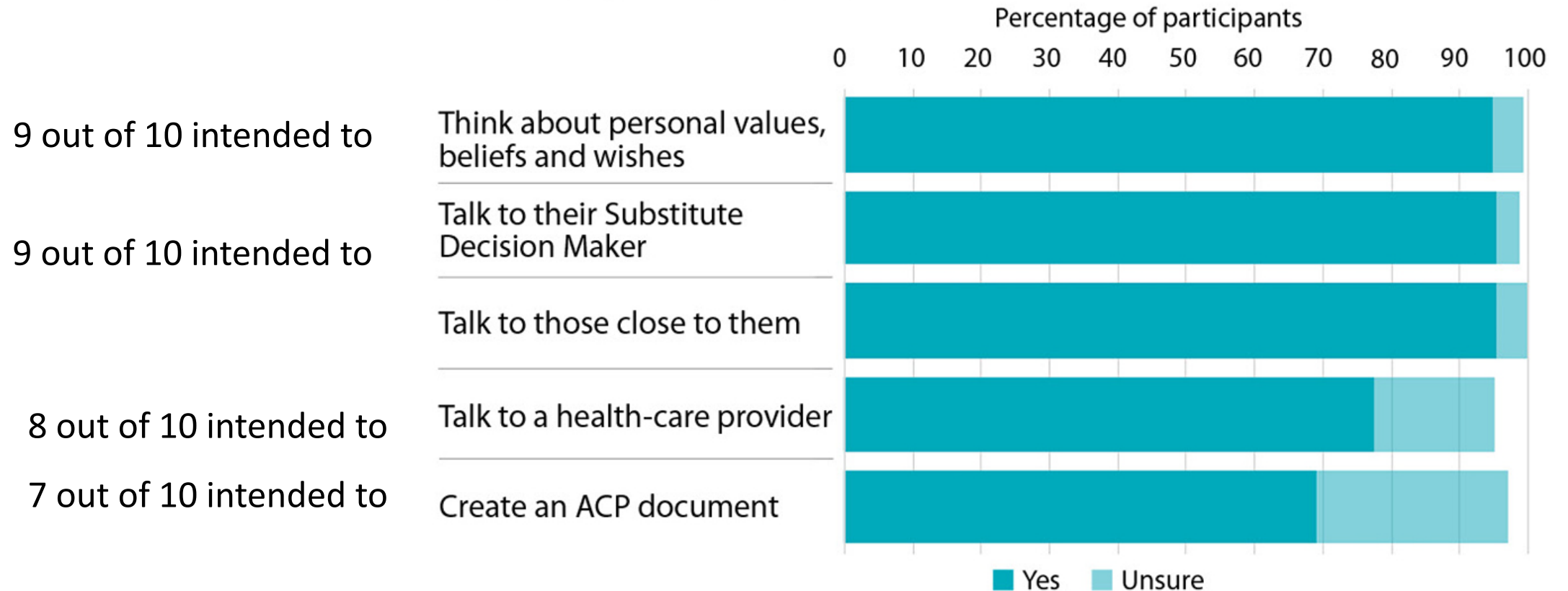
Health status

# Increased knowledge about ACP



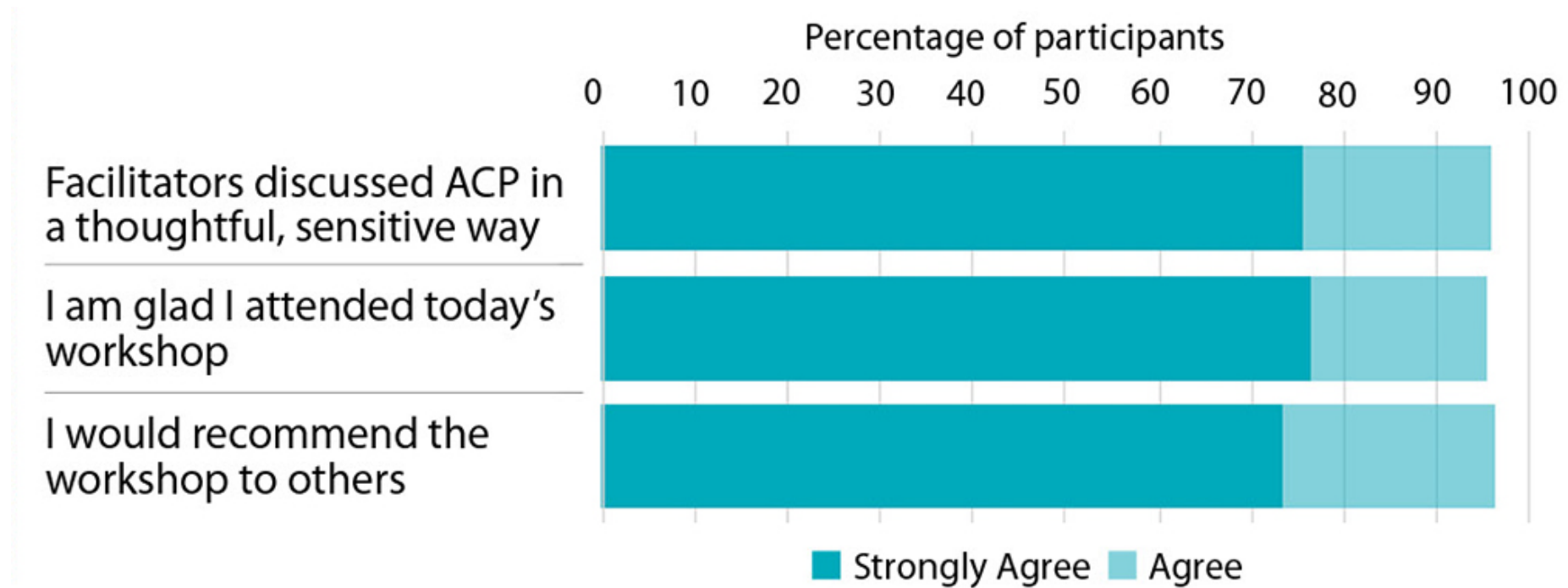
# Participants plan to engage in ACP

Do participants plan to ...



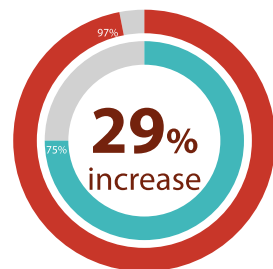
# Participants satisfied with sessions

> 95% satisfied with the session and would recommended to others

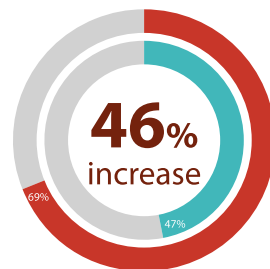


# Participant engagement in ACP 4-6 weeks after session

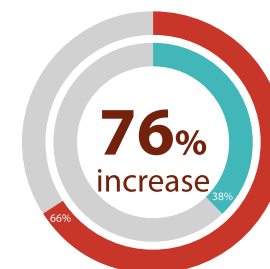
Thought about personal values, beliefs & wishes



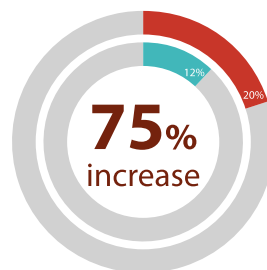
Had ACP conversations with Substitute Decision Maker



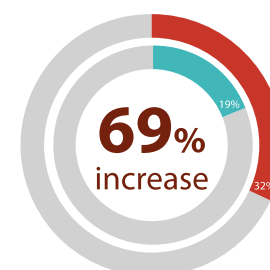
Had ACP conversations with those close to them



Had ACP conversations with a health-care provider



Created an ACP document



Before session  
4-6 weeks after session

# Experience of Public Participant

.. published in a newspaper



*“He explained how he came in with some misconceptions as well, and it was nice to see how it unfolded for him.*

*And then he was very encouraging for everybody else to kind of step up and do the right thing for their loved ones.”*

# Healthcare provider perspective



*“More people are coming forward in their appointments with their advance care plan in hand wanting to discuss it and having it put on their file.”*





Organizations



# Impact on community organizations

## Raised Profile

*Health and Wellness **award**  
from the Chamber of Commerce!*

*have a **regular spot** on  
our local **radio** station*

*a **new face** ....  
a **new reputation**.*

*Community now see us as  
**more than a support for  
end of life***

Interviews with engaged community organizations  
12 months from project start date

# Impact on community organizations

## Improved Connections & Partnerships

*It is another way of connecting with **people** on a one to one*

*made strong connections with our four **sponsors***

***..other organizations** embracing our work and advertising for us*

***care facilities** want us to continue our work with seniors*

# Experience of Organizations

## Re-invigorated struggling organizations

*“ACP program is our biggest asset. It has breathed back life into our hospice society.”*

*“It is a different way of being there for our community – it’s not just about dying now, but .. living well.”*

*“It gets us out into the community in a more gentle, neutral, non-threatening way.”*

# Lesson learned

# Success factors for feasibility & sustainability...

## Organization factors

Leadership support/vision  
Administrative support  
Community partnerships

*"You have to be passionate about what you're presenting....and feel comfortable with it"*

## Peer-facilitator factors

A passion for and comfort with the topic

*"Anybody who is willing to help get information out to people who need it can do this ..."*

Willingness

Public speaking & facilitation skills

*"[The facilitator] has to be engaging enough to get a group of people who don't know each other to start talking."*

*"It doesn't take any special skills other than to be comfortable with public speaking, but that comes with time."*

# Spread

# Spread

- Adopted by 22 organizations throughout B.C.
- 100+ community volunteers completed the training
- 70+ Peer-facilitated ACP public Sessions delivered
- 1000+ Public participants in various communities
- Ongoing revision based on evaluation results.
- Work underway to translate materials





**Thank you!**

**Questions?**

# Post-webinar survey

Survey will pop up on your screen after webinar

- **Feedback on how to improve webinar series**



## Project contacts

Doris Barwich: [dbarwich@bc-cpc.ca](mailto:dbarwich@bc-cpc.ca)

Eman Hassan: [ehassan@bc-cpc.ca](mailto:ehassan@bc-cpc.ca)

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