

Advance Care Planning

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South Eastern Sydney
Local Health District

Advance Care Planning in Outpatients Clinics Translational Research Grants Scheme (TRGS)

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What is it?

Advance care planning is a **process** of planning for future health and personal care whereby the person's values, beliefs and preferences are made known so they can guide decision-making at a future time when the person cannot make or communicate his/her decisions.



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What is the evidence base for ACP?

- Observational studies and RCTs:
 - Reduced burdensome medical care near death
 - Increased likelihood of a person being cared for at EOL according to their wishes*
 - Improved patient/family satisfaction with care*
 - Better quality of dying and satisfaction with EOL care*
 - Reduced stress, anxiety and depression in surviving relatives*

*Detering K et al. BMJ 2010




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EXCUSE ME,

WHY ME AGAIN?!



A close-up shot of a woman wearing a white headscarf and a black veil. She has a surprised or shocked expression on her face, with wide eyes and a slightly open mouth. The background is a textured, greyish wall. The text "Absolutely not! I couldn't possibly!" is overlaid at the bottom of the image.

Absolutely not! I couldn't possibly!

Who is doing it?

- South East Sydney LHD
- Sydney LHD, Concord Hospital, Aged, Chronic Care & Rehabilitation,
- Centre for Education and Research on Ageing, University of Sydney,
- Office of the Chief Health Officer NSW Health,
- Social Policy and Health Branch NSW Health,
- Central and Eastern Sydney Primary Health Network, NSW
- Ambulance Service of NSW,
- Centre for Primary Care University of NSW,
- Alzheimer's Australia (NSW)



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What would they know?

- SESLHD
 - Age and Ageing (Caplan & Meller) 2006 and 2009
 - Renal Supportive Care at St George Hospital (Brown & Brennan)
 - Respiratory Coordinated Care at POWH
- Sydney LHD
 - My Wishes website
- Alzheimer's Australia
 - Start2talk website development via national consortium -
- NSW Health – End of Life Committee
 - review of ACDs, SHAPE (HETI), Clinical Decisions, the Law and Clinical Practice via Planning AheadTools
- Ambulance Service
 - Authorised Care and Palliative Protocols
- UNSW – Previous work with GPs and Practice Nurses



What are we doing?

Pragmatic trial 364 patients Randomised to Intervention and Control.

- Interventions receive facilitated ACP
- Controls receive written information

CNCs will provide training to interested clinicians who wish to participate. But not just training!

- Then sit in with clinicians and patients in OPD setting
- “See One, Do One, Teach One” (or more...)



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Evaluation

- Primary Outcome measure is unplanned hospital admissions at 6 months
- Secondary Outcomes @ 6months
 - Acute Health service utilisation
 - Ambulance calls
 - ED presentations
 - Hospital admissions
- Patient/ Caregiver/ Outcomes
- HP attitudes and knowledge
- Health Care Costs



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