



## Using Pamphlets to Activate Advance Care Planning in Long-Term Care: Residents and Families'/Friends' Views

### Lead Author

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This project (2014-2016) was funded by the by Canadian Frailty Network (previously Technology Evaluation in the Elderly Network) and supported by Government of Canada through Networks of Centres of Excellence program.



Known previously as Technology Evaluation in the Elderly Network, TVN

### SUMMARY

- Advance care planning (ACP) helps people with progressive, life-limiting illnesses communicate wishes and preferences for future end-of-life (EOL) care to family and health providers.
- Despite known benefits, ACP is rarely if ever activated in LTC settings
- Addressing noted barriers to ACP in LTC, our team developed, implemented, and evaluated the effects of disease specific illness trajectory pamphlets for five life-limiting advanced clinical syndromes of high prevalence in LTC :dementia, heart failure, chronic obstructive pulmonary disease (COPD), renal failure, and frailty

### HOW WAS THIS STUDY DONE?

- This paper explores whether illness trajectory pamphlets for five conditions with high prevalence in long-term care (LTC), can support resident and family engagement in ACP
- Our mixed methods study draws on 57 surveys responses and deliberations from seven focus groups with 56 LTC residents and families that explores; (a) reactions to the pamphlets, (b) if pamphlet use supports ACP engagement, and (c) when and how the pamphlets should be distributed

### KEY FINDINGS

- Survey results suggested that residents and families felt the pamphlets encouraged them to think about personal values and goals of care (48/57, 84%), clarified what to ask (40/57, 70%) and increased their comfort talking about EOL (36/57, 63%)
- Speaking about these issues regarding ACP with family members (32/57, 56%) or health providers (21/57, 37%) was less common
- Our combined findings suggested that the pamphlets provided opportunities to prompt reflection about EOL issues for residents and families
- It is further suggested that moving from reflection to activation could require staff follow up due to residents' and families'