Nursing Excellence through Education: Promoting Advance Care Planning in Rural, Older Adults

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Purpose

• To discuss the impact of a nurse-led advance care planning (ACP) educational intervention in older, rural, community-dwelling adults on knowledge and engagement in ACP.
Objectives

- Describe the importance of advance care planning education in community dwelling older adults
- Discuss the development and implementation of a nurse-led educational intervention on advance care planning
- Consider the implications nurse-led educational programs have on knowledge of health behaviors

Background

- Advance care planning (ACP) is a process
  - Advance Directives (AD) guide end-of-life (EOL) decisions when decision-making capacity is lost
- Around 25% of Americans have an AD
- Concept of ACP is not as prevalent in diverse populations
  - Limited research in minority and rural populations
- Knowledge barriers in ACP

Addressing Rural Health Needs

- Older, rural adults ➔ limited access to quality care
  - Health disparities
- The Institute of Medicine (2015) Dying In America
  - Improve ACP communication between patients, families, and healthcare providers
  - End-of-life (EOL) treatment preferences
- Nursing role in rural communities
  (Bolot et al., 2015; Institute of Medicine, 2015; Long & Weinert, 1989; Rural Assistance, 2015)
Promoting Advance Care Planning in the Community

- Partnerships for community-based interventions
- Know your target population
- Why is this important for your community?
- Consider Community-Based Participatory Research (CBPR)
  - Community members are partners
  - Community knowledge to build interventions
  - Connect community with research
  - Provide benefits from results to community

(AHRQ, 2014)

Design & Sample

- Pre-test, post-test, repeated measures design
- Convenience sample of 43 rural, community-dwelling adults
- Recruited from older adult group in Wicomico County, Maryland

Study Timeline

- Consent
- Pre-test (time 1)
- Intervention
- Post-test (time 2)
- One-month follow-up (time 3)
Instruments

- Background/Demographic Survey
  - Thirteen-item survey
  - Three questions about previous EOL experiences
- Advance Directives Questionnaire (ADQ)
  - Ten-item survey, assess AD completion and ACP engagement
- Advance Directives Knowledge Survey (ADKS)
  - Eleven-item multiple choice survey

Intervention

- Pre-test survey
  - Background/Demographic Survey, ADKS, ADQ
- Seminar with hands-on-activity
  - Discussed general topics related to ACP and AD
  - Step-by-step guide to AD completion – Five Wishes
  - Question and answer session
- Post-test survey
  - ADKS
- One month follow-up
  - ADKS and ADQ

Five Wishes

1. The Person I Want To Make Care Decisions For Me When I Can’t
2. The Kind of Medical Treatment I Want or Don’t Want
3. How Comfortable I Want To Be
4. How I Want People To Treat Me
5. What I Want My Loved One To Know

Five Wishes is a gift to your family, to your loved ones and yourself so that they won’t have to guess what you want. Five Wishes is easy to understand and complete.
Results

- Demographics (n=43)
  - Mean age 74.7 (SD=8.33, 95% CI = 72.2-77.3)
  - Mostly female (88%, n=38), high school graduates (65.1%, n=28)
  - All Caucasian
  - Response rate at follow up was 81.4% (n=35)

Advance Care Planning

- Advance Directives
  - At time 1, 17/43 or 39% had an AD
  - At time 3, AD completion increased by 20%

- Advance Care Planning Conversations
  - At time 1, 33/43 or 76.7% had ACP conversations
  - At time 3, ACP conversations increased by 11.4%

- Knowledge
  - Increased from time 1 to time 2 (p<.001)
  - Time 3 did not differ significantly from time 2 (p > .05)

Discussion

- Seminar well-received by community-dwelling, rural, older adults
  - Importance of community-focused, nurse-driven seminar

- Tailor educational programs to meet community health needs

- ACP knowledge associated with engagement and completion

- Study limited to one group in one community

(Detering et al., 2010; Lee et al., 2013; Tamayo-Velasquez et al., 2010)
Conclusion & Recommendations

- Nurse-driven intervention to meet community needs
- Feasible to work with groups in the community
- Nursing role in ACP
- More research in rural communities, advocate for family involvement
  - Implications of ACP on EOL care, long term outcomes

References


References, Continued

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