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Improving Advance Care Planning in Primary Care

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THE UNIVERSITY OF VERMONT
COLLEGE OF NURSING
AND HEALTH SCIENCES

Background:

Patients that received advance care planning encounters are less likely to receive intensive therapies and more likely to receive referrals for hospice services. Advance care planning is also associated with increased patient and caregiver satisfaction due to patients receiving care that is concordant with their goals and values.

Rationale:

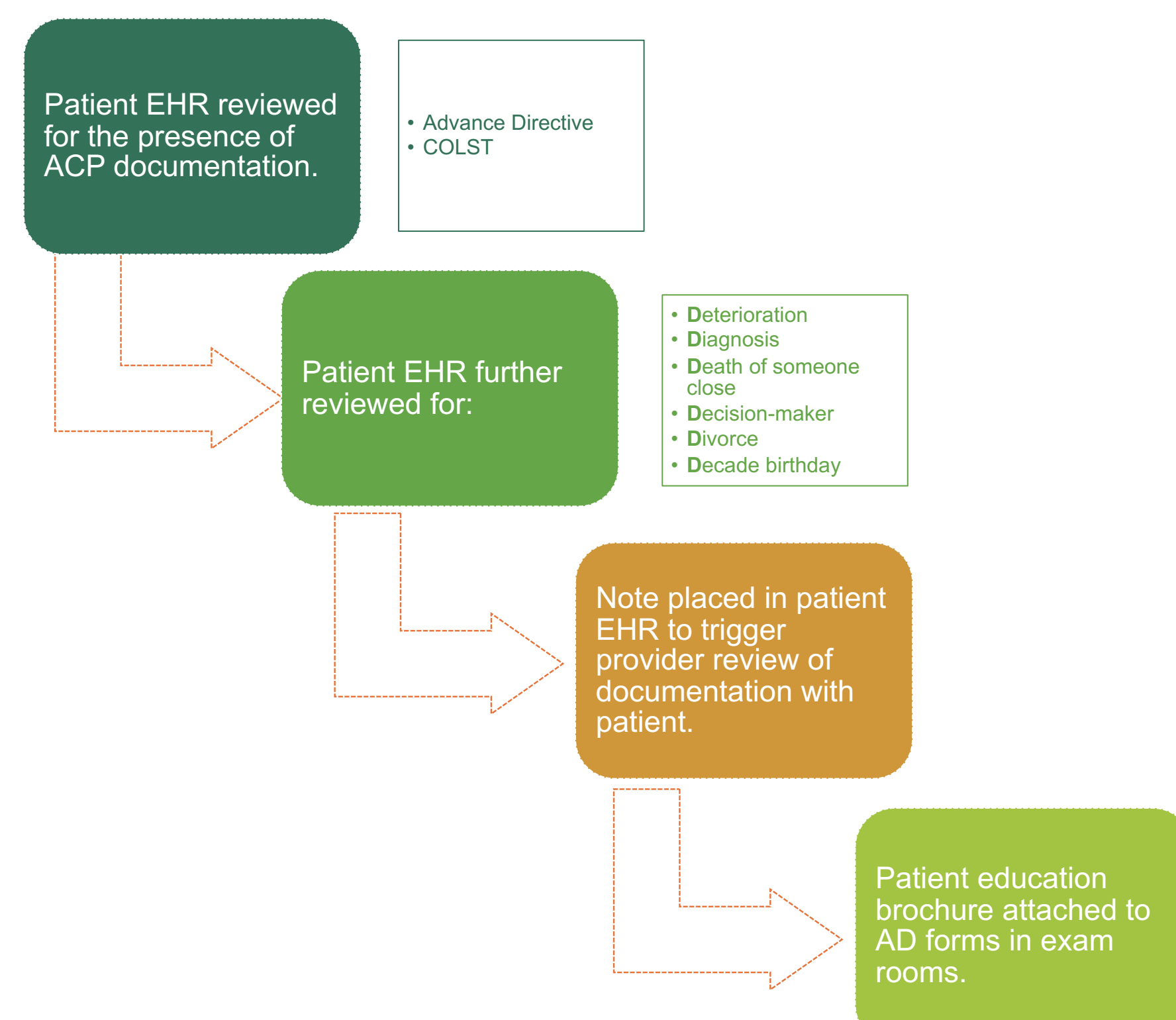
- Improving participation in advance care planning is a process that includes both patients and providers.
- Advance Care Planning should be integrated into routine care.
- Advance Care Planning should be revisited every time a person's medical condition changes.

Specific Aims:

- Improve the process for reviewing Advance Care Planning documentation in primary care.
- Increase access to patient education regarding ACP documentation within the primary care setting.

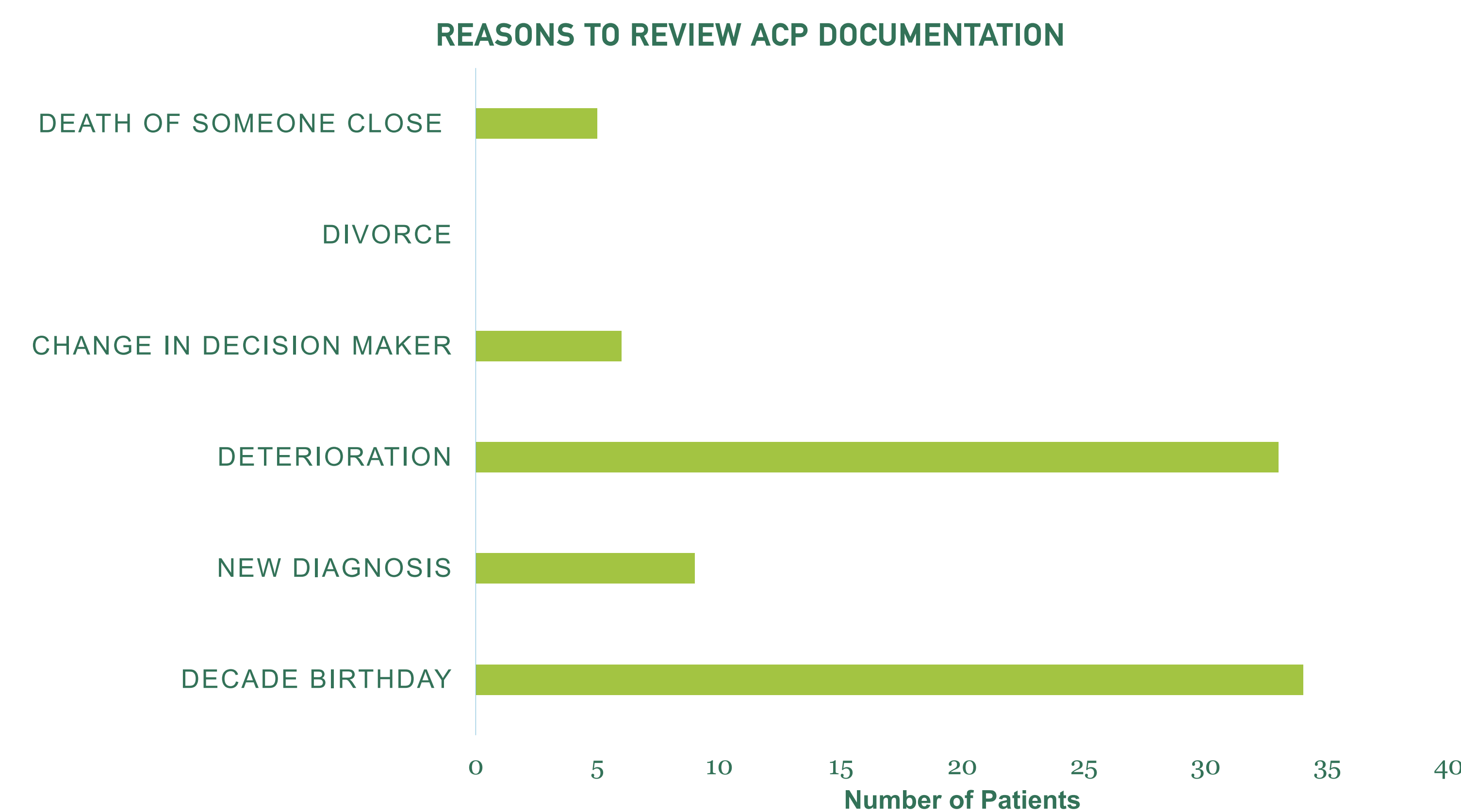
Methods:

200 primary care charts reviewed, 74 patients met inclusion criteria: identified by ACO as moderate-very high utilizer of health care resources, 65 years or older, and diagnosed with COPD, CHF, and/or DMT2.



Pre- Intervention Assessment:

- 98.6% (n=73) of patients met criteria for review of ACP
- 37.5% (n= 27) had an Advance Directive
- 18.1% (n= 13) had a COLST form



Thus, the most common reasons to review ACP documentation were decade birthday (n=34) and deterioration (n=33).

Post-Intervention Results:

- Data collected September 2020-December 2020
- 1.4% (n=1) increase in updated advance directives
- 7.04% (n= 5) increase in updated COLST forms
- 77.8% of ACP patient education took place during Annual Wellness Visits
- 22.2% of ACP patient education took place during chronic disease management visits
- 39 advance care planning patient education brochures were distributed

WHAT IS AN ADVANCE DIRECTIVE?
An advance directive allows you to express your values and desires related to healthcare decisions. This document is used as a guide if you are unable to speak for yourself during healthcare decision making.

WHY REVIEW YOUR ADVANCE DIRECTIVE?
It is important to review your advance directive from time to time. You might want to change your preferences for care if your health or living situation changes.

WHEN TO REVIEW YOUR ADVANCE DIRECTIVE?
The 6 D's for Reviewing your Advance Directive:
• Decade birthdays.
• Receiving a new diagnosis.
• Decline in health.
• Death of family or friend.
• Divorce
• Changes in your designated healthcare decision-maker(s).

HOW TO UPDATE YOUR ADVANCE DIRECTIVE:
1. Complete your Vermont Advance Directive form.
2. If you are making a change to your Advance Directive attach it to the Authorization to Change form.
3. Send your documents to the Vermont Advance Directive Registry.
4. Give updated copies of your Advance Directive to your healthcare providers, and healthcare agent.

VERMONT ADVANCE DIRECTIVE REGISTRY
PO Box 2789
Westfield, NJ 07091-2789
FAX: 908-664-1919

GUIDE FOR COMPLETING ADVANCE DIRECTIVES:
HTTPS://VTETHCSNETWORK.ORG/
MEDICAL-DECISION-MAKING/ADVANCE-CARE-PLANNING

CONTACT US
Appletree Bay Primary Care
1205 North Ave., Burlington, VT 05401
Phone: 802-863-1313 Fax: 802-863-2396

Reviewing Your Advance Directive

Patient education brochure created during intervention.

Conclusions & Implications

- Chart review for health deterioration and decade birthday, prior to Annual Wellness Visits, are efficient ways to screen patients for the need to discuss ACP.
- Chart review for signs of deterioration could potentially be conducted by RNs or RN students.
- Medicare Annual Wellness Visits are an effective time to discuss ACP with patients due to their routine nature and longer appointment times.
- The RN Care Manager, whom participated in conducting Annual Wellness Visits during the intervention period, is a key team member to involve in the creation of improved ACP review processes.
- More specific documentation of ACP review during Annual Wellness Visits is needed.
- Creating community-based ACP education opportunity for patients may be helpful in increasing access to patient education.

Select References:

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