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With thanks to my Internal Supervisor, Professor Gillian Mead and External Facilitator, Susan Bolt

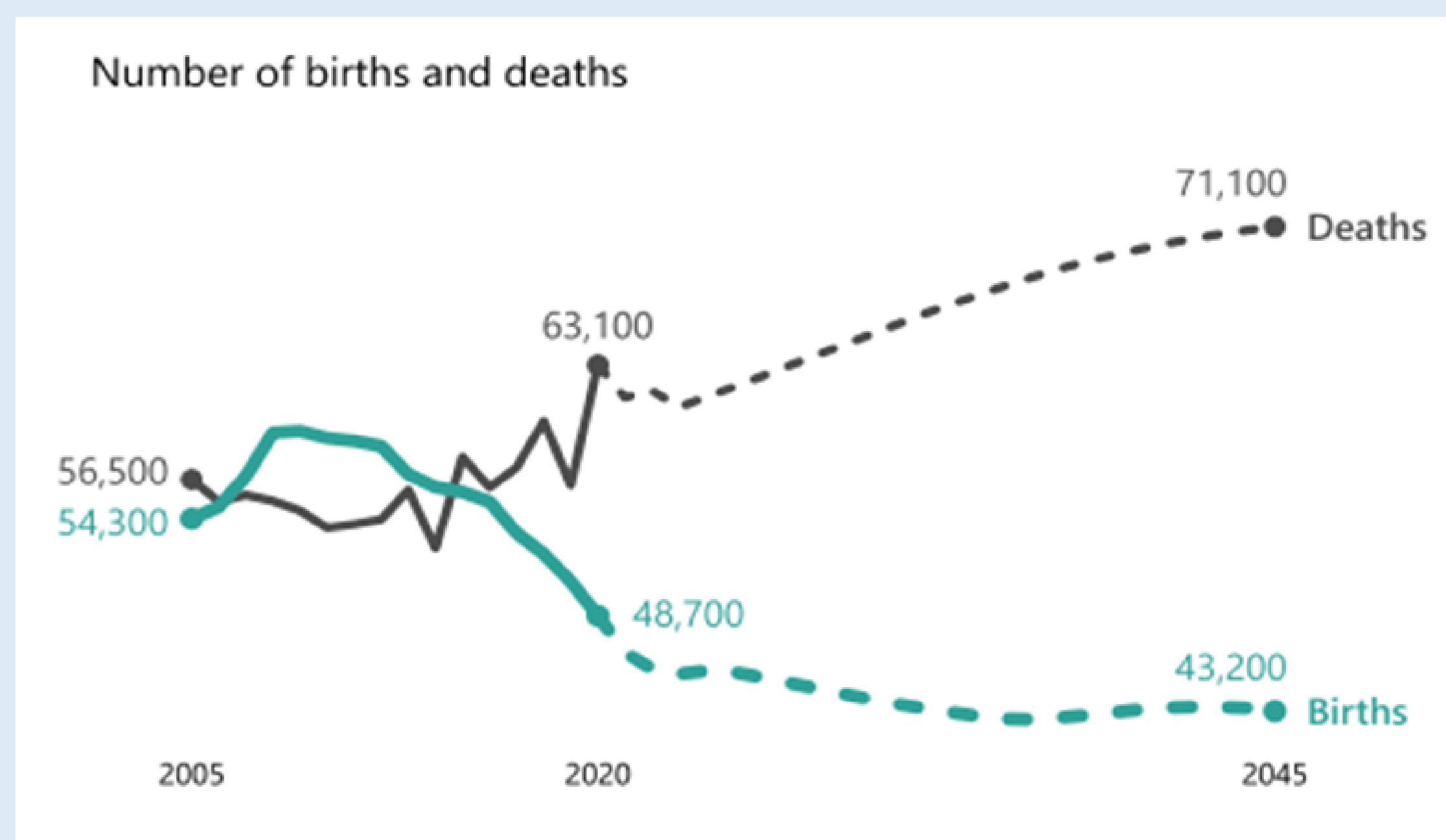
Background:

What is Advance Care Planning (ACP)?

ACP is "enabling individuals to define goals and preferences for future medical treatment and care, to discuss these goals and preferences with family and healthcare providers, and to record and review these preferences if appropriate" (Rietjens, 2017, p.e543).

Why is ACP key for care home staff?

- Scotland's population is ageing (NRS, 2022).
- Increasingly more deaths than births are predicted in Scotland (NRS, 2022):



Source: NRS, 2022

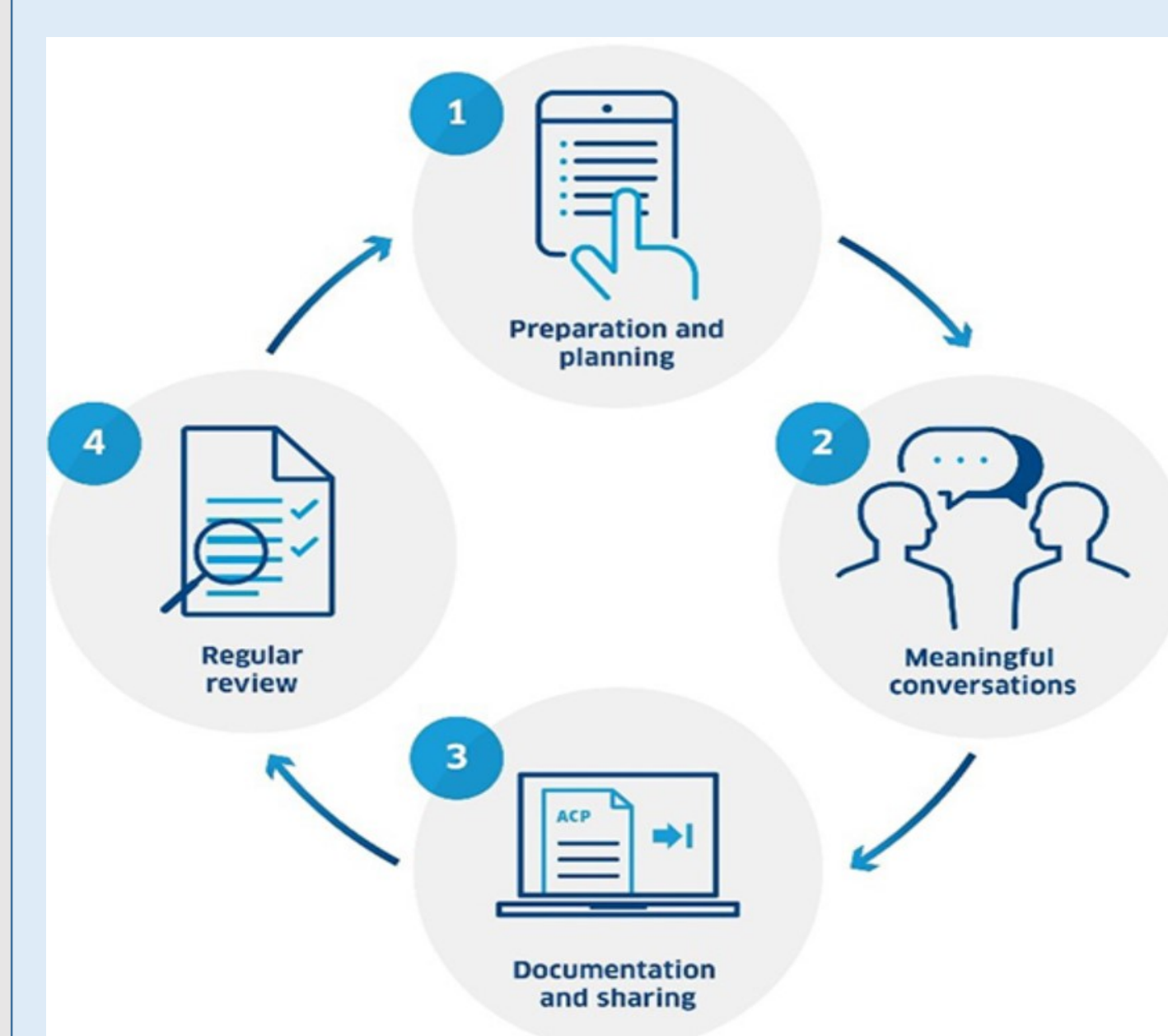
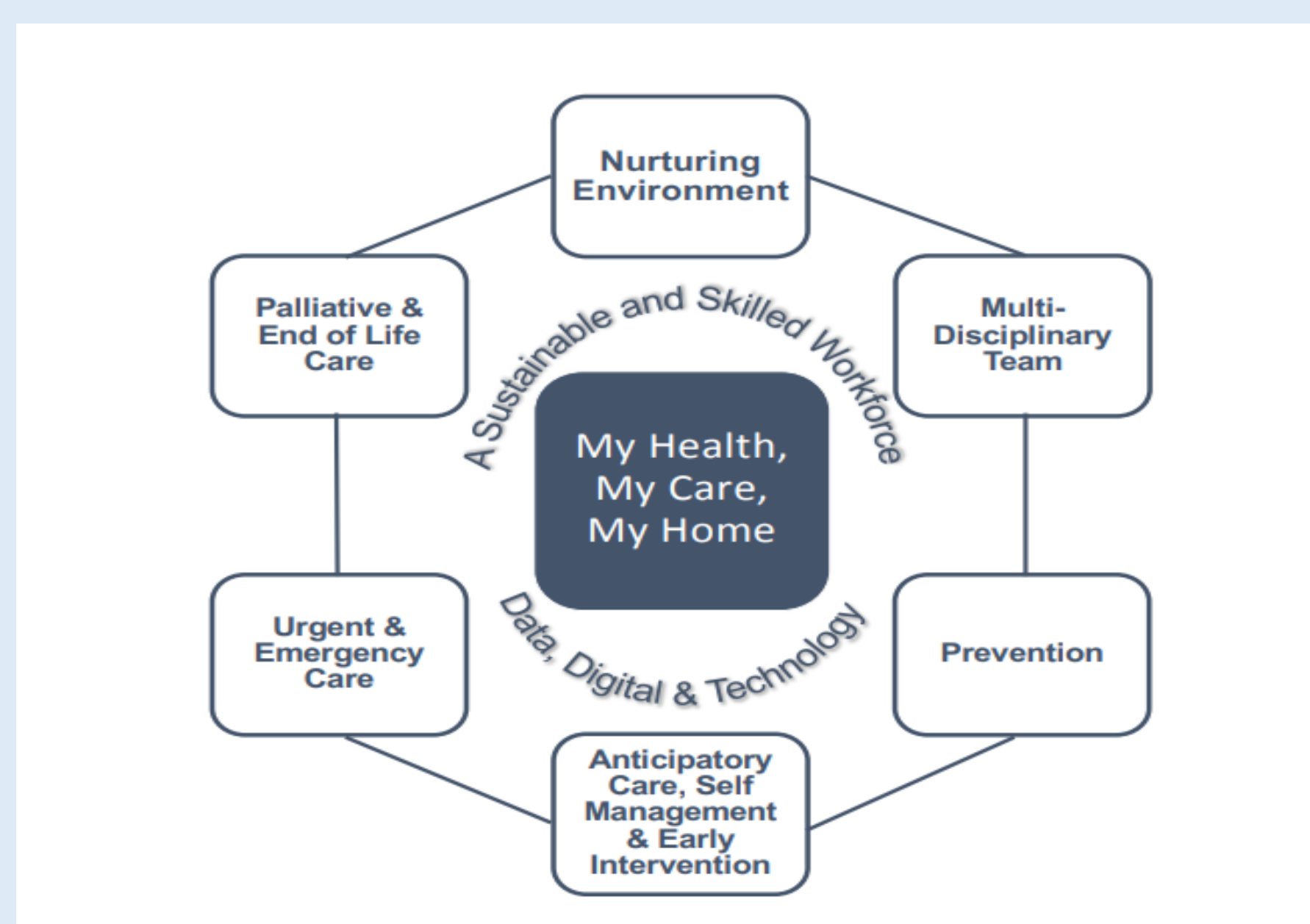
- Higher numbers of older adults are dying in care homes (Finucane et al., 2019).
- Over half of residents die within a year of admission to a care home (Kinley et al., 2014).

Despite this...

- Care home staff don't feel prepared for ACP discussions (Gillisen et al., 2020; Evenblij et al., 2019)
- Care home staff avoid ACP conversations (Spacey et al., 2019).

Why tackle this now?

- The National Care Service is being developed in response to the Independent Review of Adult Social Care in Scotland (Scottish Government, 2021).
- Health and Social Care Strategy for Older People (Scottish Government, 2022b).
- 'My Health, My Care, My Home -Healthcare Framework for Adults Living in Care Homes' (Scottish Government, 2022a):



Talking about Care Planning with REDMAP	
Ready	Can we talk about your health and care? Who should be involved?
Expect	What do you know? Do you want to tell/ask me about anything? What has changed? Some people think about what might happen if...
Diagnosis	What we know is... We don't know... We are not sure ... I hope that, but I am worried about... It is possible that you might.... Do you have questions or worries we can talk about?
Matters	What is important to you and your family? What would you like to be able to do? How would you like to be cared for? Is there anything you do not want? What would (name) say about this situation, if we could ask them?
Actions	What we can do is... Options that can help are.... This will not help because.... That does not work when....
Plan	Let's plan ahead for when/if.... Making some plans in advance helps people get better care.

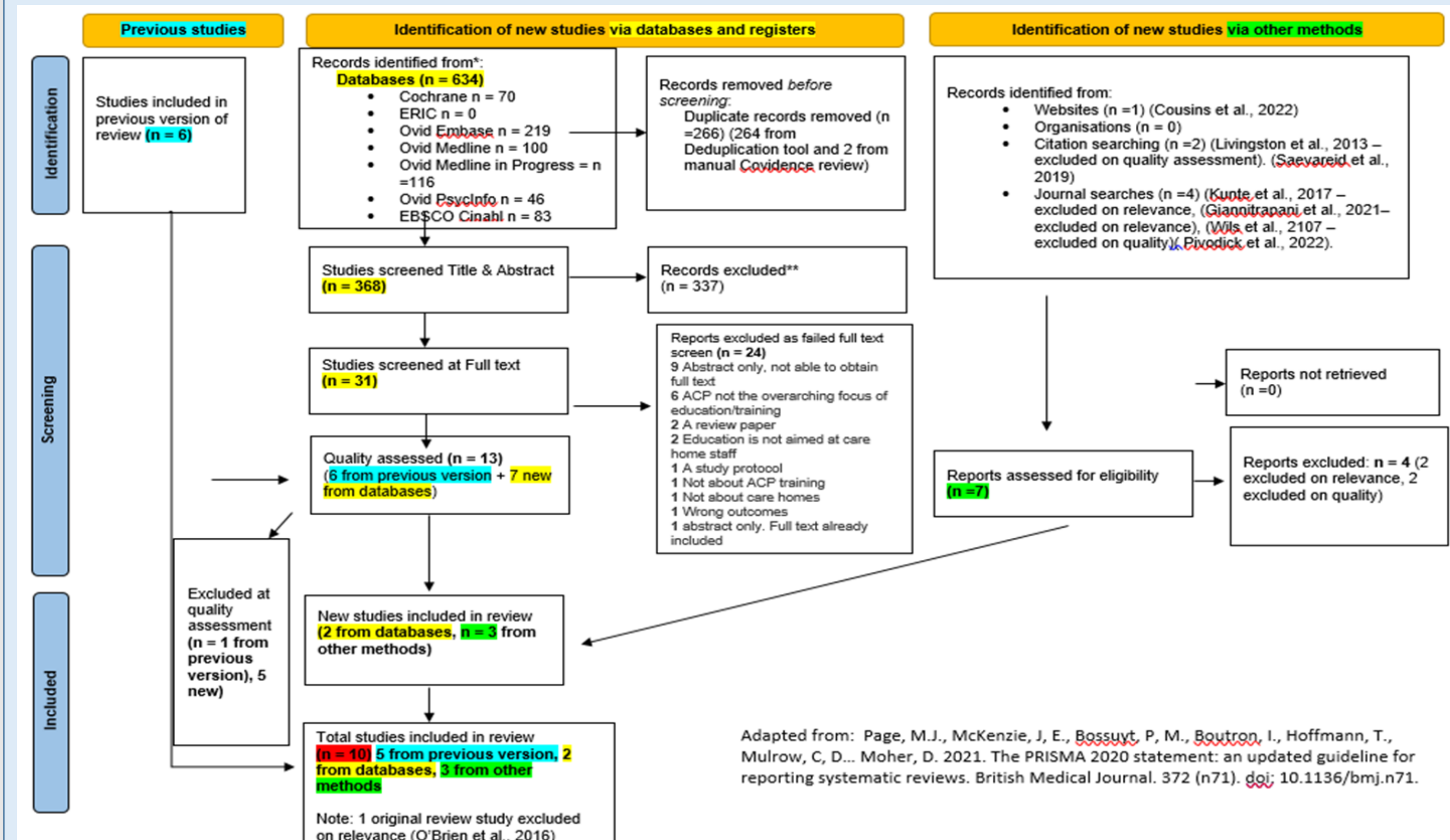
Source: Health Improvement Scotland, 2021

Source: Boyd, 2021

Aim: to inform Scottish Government deliberations about how to train care home staff in ACP.

Method:

- Phase 1**
- Systematic review update (Gleeson et al., 2021) asking 'What are the best Advance Care Planning interventions to train/educate all levels of health care professionals working in care homes?'
 - The applicability of the review results to Scotland is considered using the Lavis et al. (2009) 5-question framework.



- Phase 2**
- Stakeholder consultation with 10/14 health boards to inform on local contexts.

Key Findings:

- There is no consistent approach to ACP training of care home staff in Scotland.
- There are barriers to shared learning between health boards.
- Resources for educating care home staff in ACP are unevenly distributed throughout Scotland.
- It is not possible to recommend one ACP education intervention for Scotland's care home staff, however, key learning from the global and local level evidence is combined to provide recommendations.

Recommendations:

1. Understand the ACP education needs of the care home staff and adapt to these.
2. Ensure care home managers are involved in and supportive of the ACP training.
3. Evaluate the ACP education intervention impact with agreed outcome measures and an appropriate follow up period.
4. Nationally co-ordinate ACP training of care home staff.

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