

End-of-life information gatherings for older people by Dutch GPs to stimulate ACP discussions

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INTERVENTION

GPs from 4 practices organised end-of-life information gatherings, with the aim to increase older peoples knowledge on options for care and treatment at the end of life and creating awareness of ACP discussions.

- They invited all patients registered in their practice of 75 years and older through an invitation letter.
- The gathering started with a presentation by the GP followed by time for questions (2 hours total).

RESEARCH QUESTIONS

1. What are reasons for older people to attend end-of-life information gatherings?
2. Does attending such a gathering result in ACP discussions with physicians or other persons?

STUDY DESIGN

- Pre post evaluation study with written questionnaires :
- at the start of the gathering (pre)
 - 6 months after the gathering (post)

STUDY POPULATION

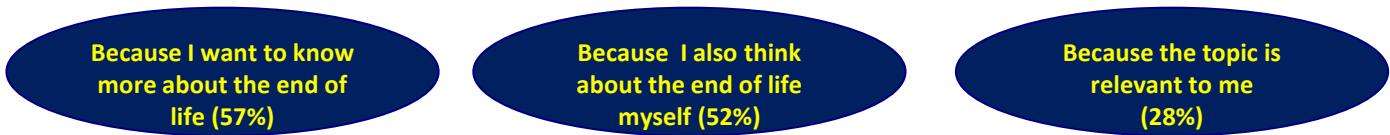
- 225 older people (35-85 per GP practice) attended a gathering
- 154 (68%) filled in the pre questionnaire
- 90 /121 (74%) who gave consent for post test filled in post questionnaire
- 59% female, 49% 80 years or older

CONCLUSIONS

- => End-of-life information gatherings have a positive influence on occurrence of ACP discussions
- => End-of-life information gatherings seem a relatively easy way to stimulate ACP discussions
- => To stimulate writing down preferences in an advance directive more or other actions are needed

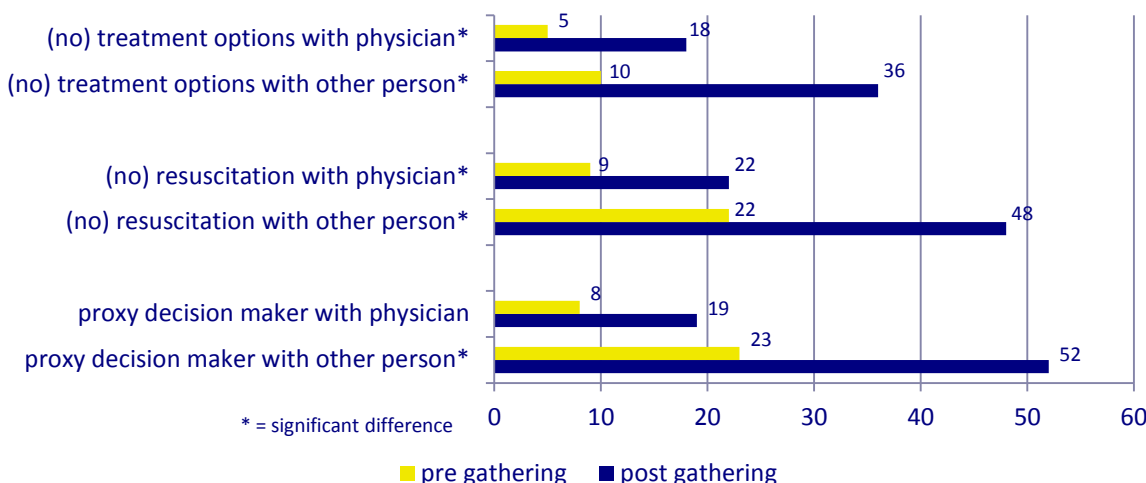
RESULTS

REASONS FOR ATTENDING END-OF-LIFE INFORMATION GATHERING



ACP DISCUSSIONS AFTER END-OF-LIFE INFORMATION GATHERING (%)

Discussions about/appointment of:



No significant differences found in writing down preferences in ADs