

## HSC R&D Division Award Details

<b>HSC R&amp;D File Reference</b>	COM/5598/20
<b>HSC R&amp;D Funding Scheme</b>	Opportunity-Led Commissioned Research Covid-19 Call
<b>Project Title</b>	<b>Necessary discussions: Advance care planning for nursing homes in a COVID-19 outbreak</b>
<b>Award Holder Name (Employer)</b>	Professor Kevin Brazil (Queen's University Belfast)
<b>Host Research Organisation</b>	Queen's University Belfast
<b>Award Start Date</b>	09.06.20
<b>Award End Date</b>	31.03.22

## Evidence Brief

<p>Why did we start? (The need for the research and/or Why the work was commissioned)</p>	<p>Advance care planning provides an opportunity for what matters most to an individual regarding their care to be discussed and shared with family and health providers ahead of time should they be unable to do so in the future due to chronic or serious illness. The importance of advance care planning was highlighted during the pandemic, with nursing home resident' at increased risk of serious illness due to covid-19. However, the emotive nature of these discussions and lack of accessible resources for nursing homes made it challenging for staff and families to have advance care planning conversations during a covid-19 outbreak.</p> <p>This work was funded to address the lack of web-based information for nursing home staff and families on advance care planning during a covid-19 outbreak. The goal was to develop an accessible resource and evaluate its usefulness and impact.</p>
<p>What did we do? (Methods)</p>	<p><b>Resource development:</b> A rapid review of UK guidance for nursing homes on advance care planning during a covid-19 outbreak was undertaken. The aim of the review was to inform the resource content and ensure it reflected best practice guidance. Initial content was reviewed by palliative care experts and finalised based on their feedback. Written content was then provided to an integrated communications company who designed a web-based resource and produced a series of short videos to supplement the written text.</p> <p><b>Evaluation methods:</b> The resource was evaluated using a multiple case study design, where the nursing home was the unit of analysis. Eight nursing homes in the UK (3 in Northern Ireland, 3 in England &amp; 2 in Scotland) participated. In total, 35 staff and 19 family members evaluated the resource.</p> <p>Semi-structured interviews were completed with staff and family members involved in the evaluation. These interviews were designed to identify barriers and facilitators to use and perceived usefulness and impact. Data was analysed thematically, and a case study template was produced for each nursing home. Common themes from each case were extracted and a cross-case analysis was performed.</p>
<p>What answer did we get? (Findings)</p>	<p>Nursing home staff reported increased confidence in understanding and conducting advance care planning conversations. Staff valued the opportunity to build on existing skills and found the resource easy to use. They particularly liked the audio-visual presentation and bite-sized sections including information on self-care.</p> <p>Family members liked the overview of advance care planning provided and reported an increase in knowledge and understanding of advance care planning. Family members were reassured after reading the resource content and expressed a sense of empowerment. Family members also mentioned that the resource was easy to navigate and appreciated the gentle tone used to deliver the information.</p> <p>Feedback from staff and family members shows the resource prompted conversations about advance care planning. It also resulted in advance care planning policies and paperwork being reviewed.</p>
<p>What should be done now? (Practice/Policy Implications and/or Recommendations)</p>	<p>Staff and family members expressed a desire for the resource to be more widely available. There is a need to consider how the resource can scaled-up and made available to all nursing home staff. Including printable information may also make the resource more accessible to those without access to digital technology.</p> <p>In practice, the resource may be optimised when followed by a facilitated discussion. For staff, this gives an opportunity to consider advance care planning in a relatable context. For family members, this would provide an opportunity for questions to be asked and content to be clarified, if needed.</p>