

Advanced Care Planning in Long Term Care Facility

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ABSTRACT

Introduction: Discussing Advance care Planning (ACP) in Long Term Care Facility (LTCF) with the residents and surrogates is essential to ensure that their values, needs and will are achieved.

The increased number of Older people globally is associated with many challenges (physiological changes, recurrent readmission to hospitals, social & economical demand in addition to increased demand for LTCF); but the communication about Advance Care Planning (ACP) & signing Advance directives (AD) is still low. Nearly 70% of older adult residents in long-term care institutions have not signed any ADs related to different barriers (Dening et al., 2019; Mauleon & Staffileno, 2019).

Methods & Materials: In this study we implemented a new ACP Model that suits the Middle East Population (LTCCME-ACP) by identifying the values during ACP discussion to study its impact on the decision taken about the medical plan of care and code status.

Results: The study showed that the medical plan of care and code status decision taken by the end of ACP discussion tends more for comfort care, palliative care and less invasive procedure (NG, PEG, Dialysis, Intubation, hospitalization, and other futile treatments) and the more we reach end of life the percentage increases.

Conclusion: Discussing the values of the resident during ACP discussion in LTCC is essential to have a clear vision about the plan of care that suits resident's needs and will.

So we recommend to apply ACP model in all LTCF as soon as possible after the resident's admission and to train healthcare professionals about ACP discussion.