

The impact of Health Coaching approach on Advanced Care Planning for Elderlies in Long Term Care Center

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ABSTRACT

Objective: Discussing Advanced care Planning (ACP) of the residents in Long Term Care Center (LTCC) with the residents and surrogates is essential to ensure that their values, needs and will are achieved and one of the tools used to identify the values is the coaching approach. So in this study we will implement the coaching approach by identifying the values during ACP discussion to study their impact on the decision taken about the medical plan of care and code status.

Methodology: An interventional study was conducted in two different LTCC (Ain W Zain & Dar Salam) for a total of 50 residents. In the controlled group ACP discussion was done without implementing coaching approach and in the interventional group ACP discussion was done with implementing coaching approach. The scales used to assess the residents are ADL, IADL, MMSE, MNA & GDS. The demographic data and ACP discussion questionnaire was done via Zoom and WhatsApp applications.

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

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

Implementation: Apply ACP model in all LTCC and coaching approaches as a new model of care as soon as possible after admission resident. Train healthcare professionals about ACP and coaching approach.

Key words: ACP, LTCC, coaching, values.