

Effects of Advance Care Planning on Knowledge, Behavior and Well Being of Older People: A Systematic Review Protocol

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Background:

Advance Care Planning is a process of discussion about an individual's preferences for care in their anticipation of future deterioration. In the literature, older people involved in Advance Care Planning will have a better understanding of their goals of care, treatment options and the possible outcomes which assisted them in deciding on their preferences of care. Research findings also indicated that Advance Care Planning process will have positive impact on well-being in older people. There are different formats and inconsistent approach in implementing Advance Care Planning to older people. The effectiveness of Advance Care Planning intervention will influence on the knowledge, behavior and well-being in older people.

Aim:

The aim of this systematic review is to synthesis the best available research evidence in Advance Care Planning (ACP) on older people regarding the effect on knowledge, behavior and well being.

The specific review questions designed to fulfill this aim are:

1. What are the effectiveness of advance care planning interventions on improving **knowledge** on ACP issues and treatment choices in older people?
2. What are the effectiveness of advance care planning interventions on **behavior** change including completion of advance directives and health care utilization in older people?
3. What are the effectiveness of advance care planning interventions on **well being** including level of satisfaction, level of stress and quality of life in older people?

Methods of review:

Inclusion criteria:

Types of participants:

- Older people who are age 60 or over
- With or without chronic illness, no restriction on any disease groups and health status

Types of intervention:

The intervention of interest will be Advance Care Planning including the process of discussing on end of life care/ determining/ executing treatment directives/ appointing a proxy decision maker, or a combination of both in different format.

Types of comparison:

- Comparison between usual care or practice (no ACP) with the ACP intervention
- Comparison between two or more types of ACP related interventions
- Comparison between different combinations of format of ACP related interventions

Types of outcomes:

1. **Knowledge:**
 - Knowledge, understanding or awareness related to ACP, advance directives and end of life care
2. **Behavior:**
 - Client's action taken after ACP including: identify preference of care or proxy, completion of advance directives and health services utilization
3. **Well-being:**
 - Client's psychological state after the intervention including: level of satisfaction, level of stress and anxiety and quality of life

Types of studies:

- Studies designed in randomized control trial (RCT)
- In absence of RCT, quasi- experimental studies will be included

Studies published in English and Chinese will be searched by three steps approach. Selected eligible articles will be managed by RevMan. The data will be pooled in statistical meta-analysis. Subgroup analysis and sensitivity test will be conducted for addressing heterogeneity of the studies. For findings which are statistically analysis inappropriate, narrative summary will be provided.