



ACP CRIO

Advance Care Planning Collaborative Research & Innovation Opportunities Network

# Advance Care Planning (ACP) Discussions: What do they really cost?

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## Background

Understanding both costs and consequences of ACP programs is important. Available economic analyses have typically reported the consequences but not the prevalence, frequency, duration and with whom ACP discussions take place.

## Study Objective

To identify the professionals with whom patients discussed ACP, alongside frequency and duration of discussions

## Methods

- We conducted an economic analysis of **ACP discussions** alongside a clinical trial evaluating ACP videos, across three clinical settings (cancer, heart and kidney disease) and 18 sites in Alberta, Canada.
- We administered a **Health Services Inventory (HSI)** three times for a total of three months. This tool is designed to measure health care costs and service use including cost of ACP discussions from the **societal perspective**.
- Using **Medical Organizers**, we helped participants to recall ACP discussions with professionals from healthcare, legal, financial and spiritual sectors during the previous month.

## Results

### Participant Characteristics :

Data collection took place in 2015-2016, **Alberta, Canada**  
Sample size: 241 with a drop out of 4.6%. **218 participants** completed the HSI for a participation rate of 94.8%

- Female (36%)
- Average age: 66 ± 12.2 years
- Job status: Retired: 63%; Sick leave: 19%; Working (paid job): 12%; Other: 9%
- Supplementary health benefit (Supplementary Insurance): Yes: 88%; No: 12%



## Results



## Conclusions

- Administrators, program managers, and clinicians should benefit from program costing.
- Compensating professionals to engage in ACP discussions represents a substantial segment of ACP program cost.
- Patients and their families/friends also incur costs travelling to and taking time for appointments.
- Understanding the nature and personal costs of these discussions should help to devise strategies which improve patient outcomes.

## Contact

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## Acknowledgement

This study was funded by the Alberta Innovates Health Solutions Collaborative Research and Innovation Opportunities Program Grant #201201157.