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How to Increase Public Participation in Advance Care Planning: Findings from a World Café to Elicit Community Group Perspectives

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- The authors declare no conflicts of interest.

- In 2014, Alberta, Canada broke new ground in having the first provincial healthcare policy and procedure for advance care planning (ACP)
- However, public participation and awareness of ACP remains limited to date



Alberta, Canada:
population ~ 4 million

Objective: To gain community organization perspectives on the question “How can we help Albertans learn about and participate in Advance Care Planning?”

- Aim: To learn from community members how best to engage community groups in ACP activities and awareness
- Distinct method: World Café

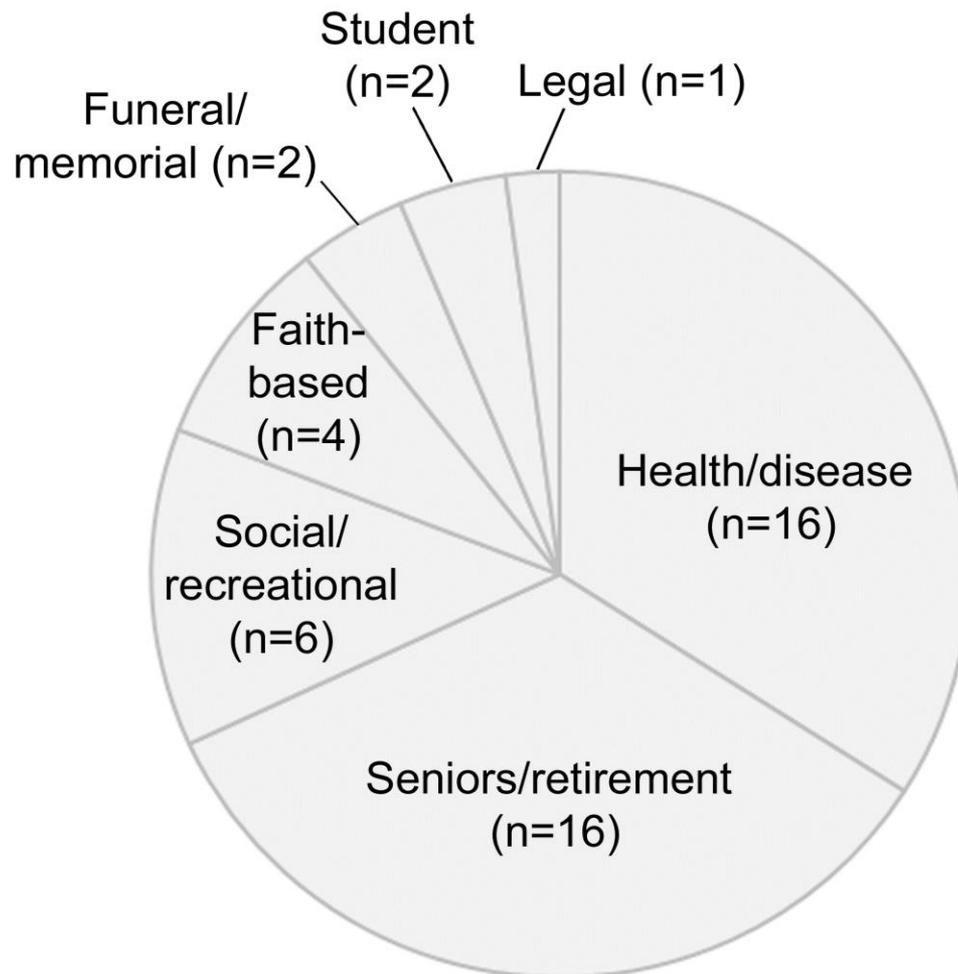
- A method for hosting large group dialogue around “questions that matter”
- Set in a welcoming, café environment
- Small group discussion (4-5 people/table)
- Movement of participants at regular intervals to build on previous conversation
- Drawing, doodling, recording ideas is encouraged
- “Harvest” of ideas and insights at the end



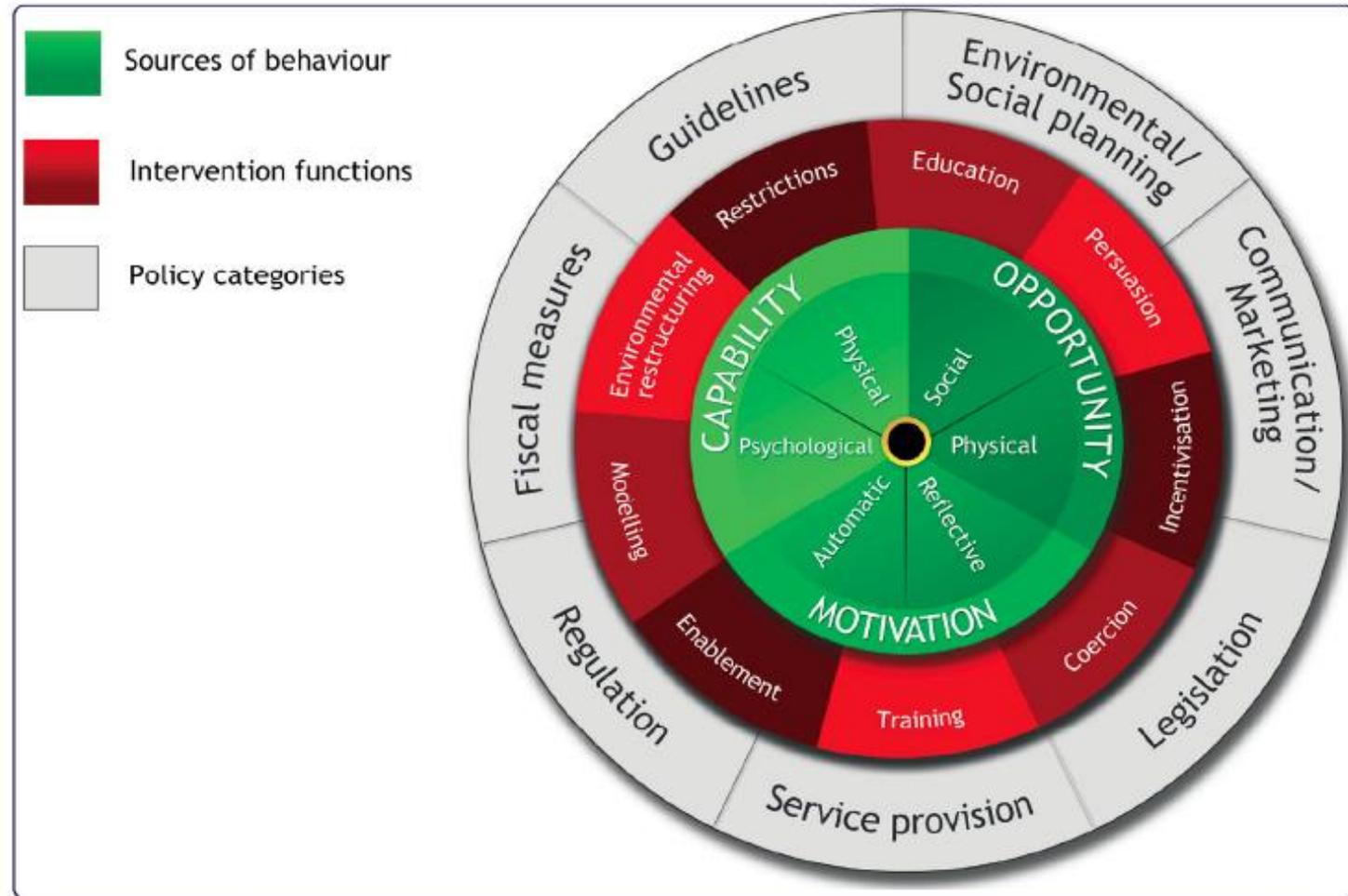
- Targeted invitations sent by e-mail to 300+ community groups (e.g. health, seniors, legal, faith-based, etc.)
- Two World Cafes held across the province
- Started with keynote presentation to educate and ensure common understanding of ACP
- Three questions discussed:
 - 1) What is needed for ACP to become a 'routine' activity for adults?
 - 2) What concerns might you have about promoting or encouraging community members to participate in ACP?
 - 3) What could your community group do, and what would you need help with, to share ACP information with your community?
- Ideas recorded on colored placemats



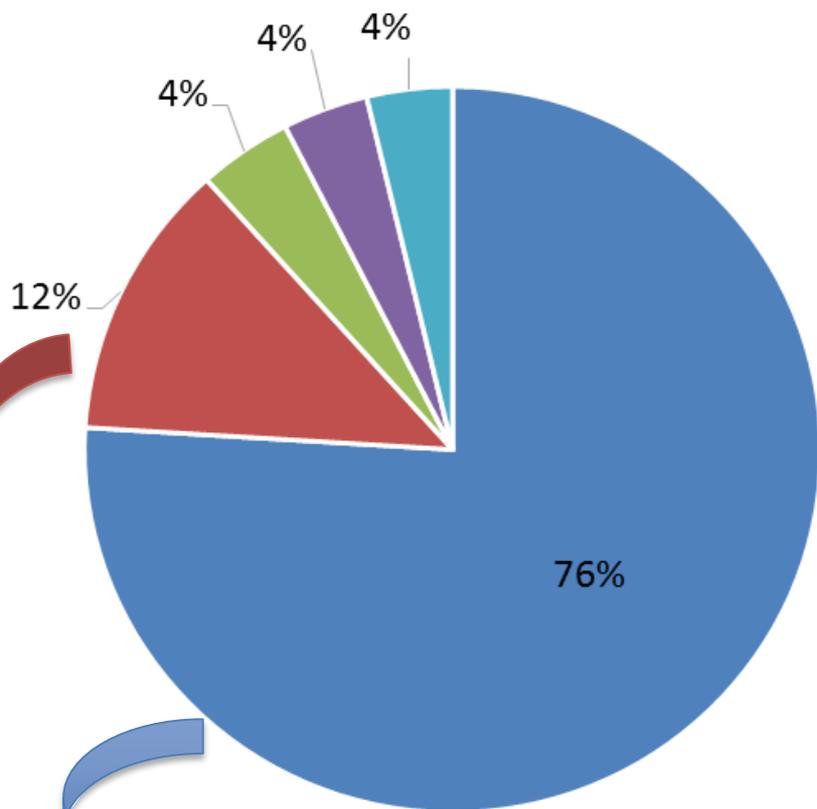
- 67 participants from 47 organizations attended the cafés



- Synthesis of 19 frameworks to classify interventions
- **Centre ring:** COM-B model
- **Inner ring:** 9 intervention elements
- **Outer ring:** 7 policy categories



Results: Frequency of ~800 comments mapped to COM-B



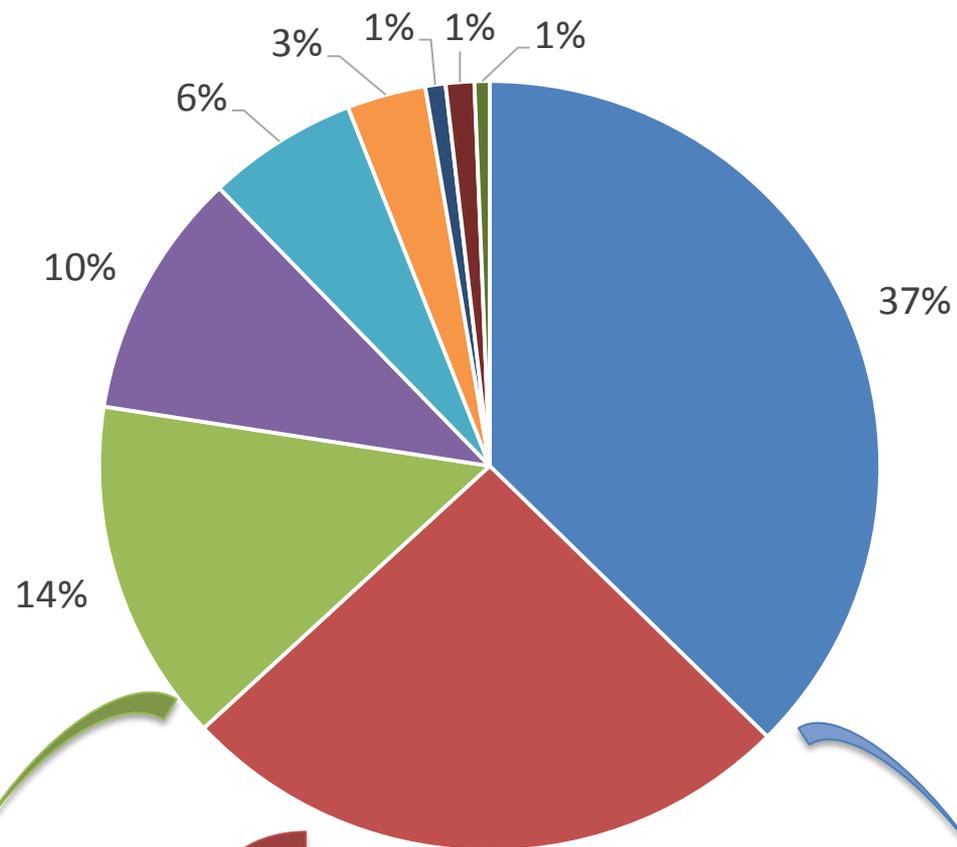
- **OPPORTUNITY: PHYSICAL** - Access to education and resources
- **CAPABILITY: PSYCHOLOGICAL** - Knowledge and skills
- **MOTIVATION: REFLECTIVE** - Motivating factors and beliefs
- **OPPORTUNITY: SOCIAL** - Social and cultural influences
- **MOTIVATION: AUTOMATIC** - Emotional reactions (e.g. fears about death)

“educate public”
“have more resources available”

“not enough knowledge and tools”
“trouble understanding terminology”



Results: Frequency of comments mapped to 9 behavior change wheel intervention functions



- Education
- Environmental restructuring
- Enablement
- Persuasion
- Training
- Modelling
- Coercion
- Incentivisation
- Restriction



26%
"need for plain language"
"forms not senior-friendly"
"language translation is needed"

"would like lunch and learns, bring in a speaker"
"want one to one education or hands on workshop"

"part of annual visit with GP"
"put with driver's license like organ donation"

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Recommendations to increase Albertans' awareness of and participation in Advance Care Planning.



Make Advance Care Planning resources easily accessible to community groups



Provide education and facilitation opportunities for community groups, healthcare providers, and business professionals



Simplify healthcare system processes and increase support for conversations



Use stories/make use of personal experiences



Increase marketing of Advance Care Planning to the public



Capitalize on opportunities to integrate Advance Care Planning into major life events



Include business partners in Advance Care Planning (e.g. legal, financial, insurance)



Standardize Advance Care Planning terminology across the country

“ All groups could normalize Advance Care planning

- World Café participant ”



In sharing these recommendations we hope to stimulate collaborative action amongst Advance Care Planning stakeholders, including levels of government, health services, related businesses and community groups themselves, to ensure Albertans receive healthcare that is concordant with their wishes and values.

- The World Café was a valuable forum for gathering input from community groups on how to increase public participation in ACP
- Results suggest that community groups are well placed and keen to help promote ACP beyond the healthcare system
- Report shared with 450+ people/organizations
 - Impact is evolving

Questions/comments?

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