



 Ghent University & Vrije Universiteit Brussel
end-of-life care research group

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Improving the initiation of advance care planning in general practice

The development of a complex
intervention

Friday, January 16, 2015 Pre-congress seminar - Lleida

Background

Majority of patients with life-limiting illness
spent last year of life in community

GPs play important role in providing EOL
care

GPs are in ideal position to initiate ACP

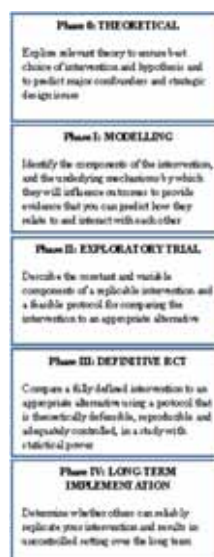
ACP interventions: hospital and nursing
homes

Aims

To develop a complex intervention to improve the initiation of ACP in general practice

To assess the acceptability of the intervention to GPs and patients and study the feasibility of implementation in phase II trial

Method: MRC framework



Method

Phase 0: Exploring relevant theories and potential key components

- 1) Review of systematic reviews about interventions to promote ACP
- 2) Systematic literature review about the barriers and facilitators for GPs to engage in ACP
- 3) Focus groups with GPs about experiences and perceptions about ACP

Method

Phase I: Modelling the intervention to general practice

Draft intervention: 5 key components

- Training for GP
- Establishment of ACP register (SQ + diagnosis)
- Patient-centred ACP discussion
- Educational booklet and prompt list for patients
- Completion of standardised AD form

Draft intervention will be presented to expert panel for finalization of preliminary intervention

Method

Phase II: Pilot study

Exploratory trial to assess feasibility

Study design:

Cluster randomized controlled trial
15-20 GPs and 30-40 patients

Focus groups with GPs to assess acceptability

Start: 2015

Challenges – Phase 0-I

How to develop the key components of the intervention?

What causes that these components are part of the intervention?

What are the components for which evidence exists?

Challenges – Phase II

How to make sure that the intervention is conducted in a standardised way?

How to guarantee a good/high quality implementation of the intervention?

How to measure the quality of implementation (eg quality indicators)?

Challenges – Phase II

Are focus groups the right method to assess acceptability (social desirability)?

How to measure the barriers for implementation in the intervention group?