



UNIVERSITY OF
CAMBRIDGE

OPTIMISING ADVANCE CARE PLANNING IN NON- CANCER ILLNESS/ HEART FAILURE

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Background

- Heart failure (HF) affects around 900 000 people in the UK, is progressive, and eventually fatal; so end-of-life care is an important issue to address.
 - 48% of people who develop heart failure will not survive beyond five years after diagnosis - a poorer life expectancy than for many cancers.
 - Advance Care Planning (ACP) can improve quality of life in HF and is strongly advocated in the UK.
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- Schichtel M, Wee B, Perera R and Onakpoya I. The effect of advance care planning on heart failure: a systematic review and meta-analysis. *J Gen Intern Med.* 2019; November 12. doi: 10.1007/s11606-019-05482
 - NIHR SIGNAL doi: 10.3310/signal-000878

Barriers to ACP in HF

- However, ACP often does not happen in HF. Only 8-10% of HF patients had the opportunity to engage with ACP.
- Clinicians report many barriers to ACP in HF, mainly:
 - lack of disease-specific knowledge and communication skills
 - high emotional impact on clinicians when undertaking ACP
 - lack of multidisciplinary collaboration between healthcare professionals to reach consensus on the timing of ACP

- Schichtel M, Wee B, MacArtney JI, Collins S. Clinician barriers and facilitators to heart failure advance care plans: a systematic literature review and qualitative evidence synthesis. *BMJ Support Palliat Care*. 2019 Jul 22;bmjspcare-2018-001747. doi: 10.1136/bmjspcare-2018-001747.



Interventions to support clinicians and patients in ACP

- The most effective intervention for engaging clinicians in ACP with heart failure patients were patient-mediated interventions.
- This is where patients prompt their physician to talk about end of life care which increased clinician engagement five-fold. (OR 5.23, 95% [CI] 2.36 to 11.61).

- Schichtel M, Wee B, Perera R, Onakpoya I. Clinician-targeted interventions to improve ACP in heart failure: a systematic review and meta-analysis. *BMJ Heart*. 2019. . doi: 10.1136/heartjnl-2019-314758.
- Schichtel M, Perera R, Wee B, Albury C. Effect of Behavior Change Techniques Targeting Clinicians to Improve Advance Care Planning in Heart Failure: A Systematic Review and Meta-Analysis. *Annals of Behavioral Medicine* 2020 doi: 10.1093/abm/kaaa075
- NIHR SIGNAL doi: 10.3310/Signal-00801



Suggestions from healthcare professionals

- A clinician interview series provided some key suggestions from GPs and nurses on how to overcome some barriers to their engagement with ACP in HF.
- They recommended a prompt list for patients, a shared decision-making tool, a communication prompt between primary and secondary colleagues, and practice-based ACP training as approaches to improve their current practice.

- Schichtel, M., Macartney JI, Wee B, Boylan AM. (2021). Implementing advance care planning in heart failure: A qualitative study of primary healthcare professionals." *British Journal of General Practice*. DOI: <https://doi.org/10.3399/BJGP.2020.0973>

Discussion

1. Where can you see *gaps in the end-of-life care service provision* for patients with heart failure?
 - a. In primary and community care
 - b. In secondary care
 - c. In the shared-care interface between primary and secondary care

2. What do you think are
the skills,
information,
or support
people with HF need most but are currently missing out on?

Thank you!

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