Topic: Challenges and innovations in long-term care for older persons

Abstract title: literature review on Advance Care Planning of nursing home residents.

Aim: Conduct a search and analytic review of literature regarding attributes of Advance Care Planning (ACP) and Advance Directive in order to identify the experiences and the best care strategies for older adults resident in nursing homes or long term institutions. Methodology: an extensive electronic search was undertaken in the following databases: Pubmed (via Ovid search), Cumulative Index of Nursing and Allied Health (CINAHL, via EBHOST), psychINFO and Cochrane. The keywords used were: advance care planning, advance directive, nursing home, nursing interventions; with limits by age (≥ 65 years), years of publication (≤10 years), and language (English or French). It produced 283 abstracts. The reference lists of these articles were then examined and experts in the field’ articles were then added to the selection. On that basis, 144 articles were found and classified according to theoretical or empirical approaches. After analyzing and eliminating duplicates and professional’s point of view (19), 144 titles were considered relevant: 28 opinion papers, 94 descriptive/qualitative studies or predictive studies, 17 experimental and 5 systematic reviews. Most of them were produced in North America and only 10 were in French. Results: with regard to European experiences, studies are scarce and further research could benefit from North American evidence.
Contrary to Europe, nurses in North America play a major role in the process of care planning. The major findings were related to the poor efficacy of the completion of Advance Directives, even in presence of a substantial variety of implementation strategies. The evidence supports interventions that conceptualize ACP as a process, with an emphasis on the ascertainment of patients’ values and beliefs and the necessity to include the family or loved ones from the beginning of the process in order to favor the expression and sharing of one’s life perspectives and priorities in care. The most relevant findings were associated with the conceptualization of the ACP as a change in health behaviors which needs an involvement in different stages to overcome a variety of barriers. The notion of readiness provided by the Transtheoretical Model of Proshaska is a promising track. It gives the opportunity to design individualized approaches for old adults with an accent on the understanding of their specificity and uniqueness. **Conclusion:** rigorous research in ACP for the older adults in Swiss nursing homes that promote respect and dignity in this frail population is needed. How to best achieve patients and families goals should be the focus of nursing intervention and research in this domain.

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