Advance Care Planning Conversations: Tools for Success

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Disclosures

I have no relevant financial relationships with ineligible companies* to disclose.

*An ineligible company is one whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used on or by patients.

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Session Objectives

- Develop one or more skills in addressing advance care planning during professional practice

- Examine the application of innovative tools as strategies to help normalize advance care planning conversations

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Myth busters

- Advance Care Planning is just documents/forms

- I am young and healthy; I don't need this right now-I am not dying

- My family already knows what I want

- I can't change it once it is done

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Slide 5

What is Advance Care Planning? (ACP)

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Slide 6

It's ok to talk about it

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Developing Skills

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Body Language

Facial Expressions

Eye Rolling

Arms Crossed

Fidgeting

Turning Away

Value Neutral

Affirm/
Validate

Their Story

Their Moment

Their Experience

Their Purpose

Listen to learn

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Explore….

Past Experiences

What's important

Fears and concerns
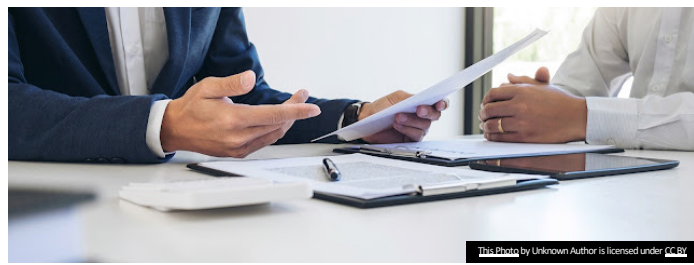
Other influences

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Taking a different approach

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Summarize

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Using their story….

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Key Takeaways

• Advance Care Planning is a process

• Normalize the conversation

• Asking open ended questions allows for deeper conversations

• No right or wrong answers/No good or bad decisions

• An advance directive reflects the individual's story

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- Gawande, A. (2017). *Being Mortal Illness, Medicine, and What Matters in the End*. Metropolitan Books.

- Jackson, C. (2003). *The Gift to Listen, The Courage to Hear.* Augsburg Books

- Respecting Choices. (2022, July 22). *Person Centered Care | Advance Care Planning | Shared Decision Making*. https://respectingchoices.org/

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Resources

- Coalition for Compassionate Care of California: https://coalitionccc.org/common/Uploaded%20files/PDFs/CCCC_ACP_Conversation-Guide_June2014.pdf

- Coda Alliance: https://codaalliance.org/

- Death over Dinner: https://deathoverdinner.org/

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Resources

- Hospice Care Options: https://hcoga.com/blog/how-to-have-a-meaningful-end-of-life-conversation

- Hospice Foundation of America: https://hospicefoundation.org/Hospice-Care/Starting-the-Conversation

- Samaritan Life-Enhancing Care: https://samaritannj.org/resources/end-of-life-conversation-starters/

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Resources

- Serious Illness Messaging toolkit: https://seriousillnessmessaging.org/

- The Conversation Project: https://theconversationproject.org/

- Your Life Your Wishes: https://yourlifeyourwishes.com/

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**Advance Care Planning
Conversations: Tools for Success**

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Session Objectives

- **Objective 1:** Develop one or more skills in addressing advance care planning during professional practice.

- **Objective 2:** Examine the application of innovative tools to help normalize advance care planning conversations.
  - ❑ **Describe the integration of immersive virtual reality and innovation in nursing education**
  - ❑ **Examine the benefits and challenges to consider in using innovative tools**

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Advance directives

- 1 in 3 Americans have an advance directive…
- 4.9 fold increase was seen in online completion of an advance directive in OurCareWishes.org during COVID pandemic from January 2019 – April 2020

Auriemma et al., 2020

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Do you have an advance directive or written wishes?

Yes

No

In progress

Start the presentation to see live content. For screen share software, share the entire screen. Get help at **pollev.com/app**

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Background

CSU CHANNEL ISLANDS NURSING PROGRAM

Extended Reality

VIRTUAL REALITY
VR
Students are immersed in a virtual experience wearing a headset to embody the patient, experiencing first hand perceptions managing disease

MIXED REALITY
MR
Through the fusion of virtual and real time interactions, students interact with avatars engaging in real situational conversations that could not otherwise be practiced

AUGMENTED REALITY
AR
Students participate in actions or decisions in real environments augmented by computer-generated content, where discoveries can be made.

Image created by J. Hannans and used with permission; Extended Reality at CI – Extended Reality (XR) at CI for Nursing

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Definitions for Immersive Strategies

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Virtual Reality

- A computer-generated 3-dimensional environment, providing an immersive effect
- A computer-generated reality, which allows a learner or group of learners to experience various auditory and visual stimuli."

Mixed Reality

- Mixed reality (MR) merges digital virtual reality with real time situation

Healthcare Simulation Dictionary (AHRQ, 2020); INACSL Standards Committee (2021)

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Background History - 2017 to Present

The Beginning

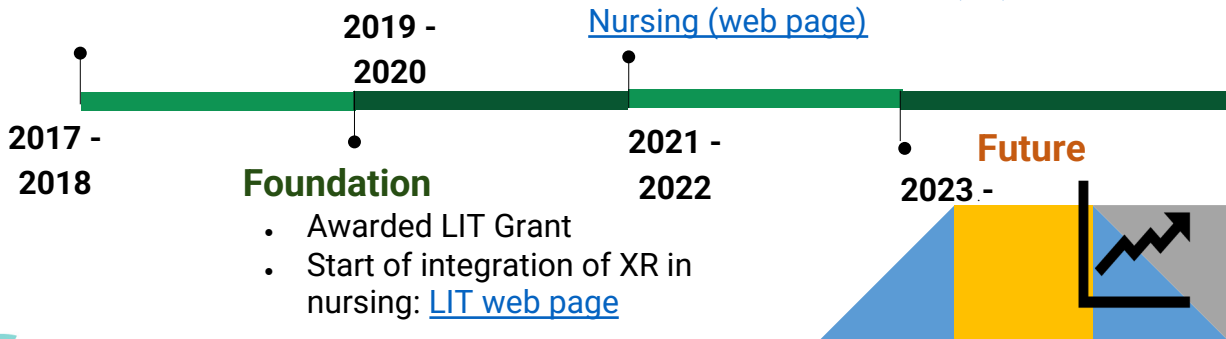- Introduced to Embodied Labs
- Partnership support from TLi
- Pilot with nursing students

Momentum

- Awarded CSU Mini-grant
- Full integration of VR in Nursing
- Created Extended Reality (XR) at CI for Nursing (web page)

2019 - 2020

2017 - 2018

Foundation

- Awarded LIT Grant
- Start of integration of XR in nursing: LIT web page

2021 - 2022

2023 -

Future

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Why Innovative Strategies to Normalize Advance Planning Conversations?

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- Provides a **pathway for exploration**
  - Address relevant concepts and address gaps, such as soft skills related to empathy and patient-centeredness
- Offers a **high impact experience** for learning
  - Captivating
  - Reflective learning activity

Araújo et al., 2018; Hannans et al., 2021; Shin et al., 2019

DON'T LOOK BACK AND ASK WHY, LOOK FORWARD AND AND ASK WHY NOT.

thingsweforget.blogspot.com

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Virtual Reality (VR) Product

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embodied labs®

Embodied Labs platform was found to:

- **Alignment** to nursing curriculum
- Have an array of applicable, **soundly constructed scenarios** that embed key concepts, including diversity and social determinants relevant to healthcare
- **Customer users report**:
  - 95% increase in understanding the perspective of older adults
  - 173% increase in agreement that individuals with conditions such as visual impairment, can live meaningful fulfilling lives
  - 79% of staff said that their experience embodying a resident in immersive experiences positively affected their ability to communicate with residents in their care (Embodied Labs, 2022)
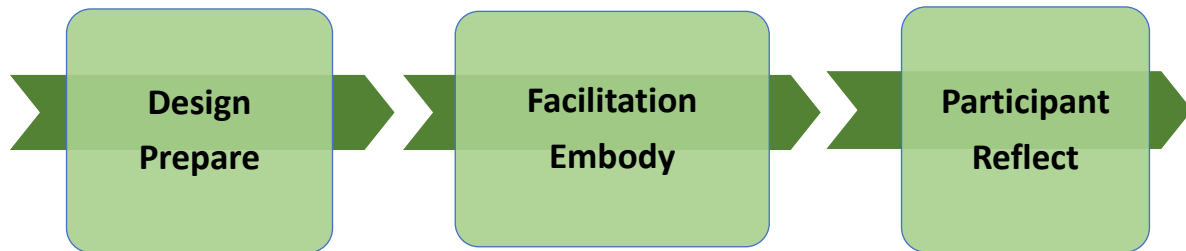
48TH ANNUAL ONS Congress | Rejuvenate. Refocus. Revitalize.

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Virtual Reality (VR) Framework

| Design Prepare | Facilitation Embody | Participant Reflect |

Best practices in simulation:
NLN/Jeffries Framework (Cowperthwait, 2020)
Framework for Embodied Labs, 2022

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Virtual Reality (VR) Integration

End of Life Conversations: Clay Lab

- Learners embody the life as Clay Crowder, who is diagnosed with a metastatic cancer. Clay is a 66-year-old veteran who is married to an Asian woman and has two adult daughters.

- Integrated in year 1 of nursing curriculum (sophomore); 1st medical-surgical course

THE CLAY LAB
End of Life Conversations
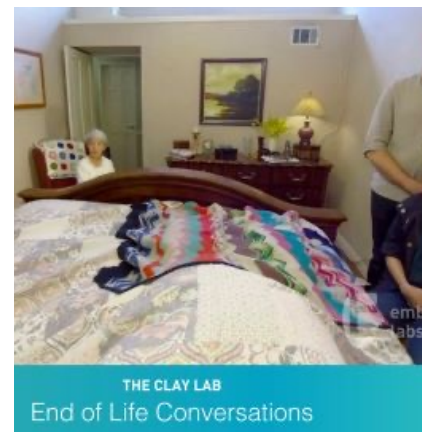
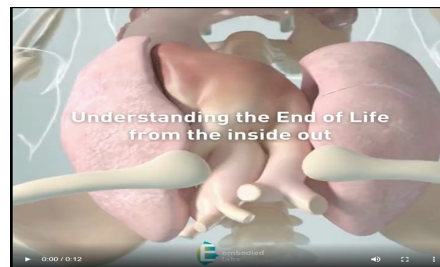Stock image used with permission from Embodied Labs

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Virtual Reality (VR) Integration

End of Life Conversations: Clay Lab

- **Scenario 1:** Clay and family receive the status of terminal Stage IV lung cancer with no further treatment:
    - The Oncology Visit
    - The Reaction

- **Scenario 2:** Clay and family transition to Hospice
    - ED Visit
    - Home Hospice Visit

- **Scenario 3:** The experience at end of life

Stock video image used with permission from Embodied Labs

Video clips used with permission from Embodied Labs

Findings with VR

Realistic

Empathy

Preparation

Confidence

Photo taken at CSU Channel Islands and used with permission

Communication

Photos taken at CSU Channel Islands and used with permission

Compassion

Engaging

Understanding

Findings with VR

❑ **Pilot Study Findings:** comparison of means from pre- and post-survey of learners showed a *gain in perspective* related to disease process and *increase in empathy*; felt VR to be a valid approach to develop soft skills. (Hannans et al., 2021)

❑ **Clay Lab Findings from nursing pre- and post survey data (unpublished) of in person versus online via Zoom:** Statistically significant gain from pre- to post-survey scores. In person statistically significantly increased *comfort level* in caring for someone at end of life (p = .16), *knowledge or gained experience (p = 0.006*, and *confidence* (p = <.001; online via zoom statistically significant increase in confidence (p = <.001).

❑ **Clay Lab Findings from health sciences pre- and post survey data:** increase in *knowledge and confidence* as well as *fewer negative emotions.* (Linton et al., 2022)

Benefits & Challenges with VR

Benefits

- Scenarios can offer diversity with relevant psychosocial elements
- High impact learning in short amount of time!
- Delivery can be individual participants in person or remotely online
- Reports of increase in knowledge, empathy and self-efficacy
- One time equipment costs are found moderately high

Challenges

- Annual vendor contract may be required &/or time and tech support is necessary if developing VR
- Scheduling considerations
- Space considerations
- More research on learner learning outcomes is needed

Mixed Reality (MR) Integration

Difficult Conversations

- Learners engage in discussion with Jack and Vivian, the son and daughter of the 82-year-old patient in ICU.

- Integrated in year 3 of nursing curriculum (senior year); critical care course

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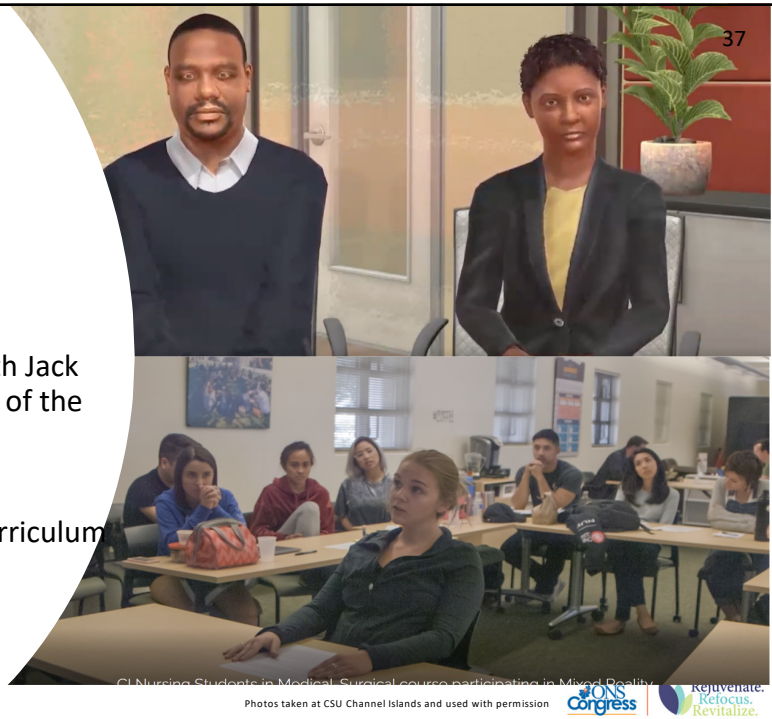
CI Nursing Students in Medical-Surgical course participating in Mixed Reality

Photos taken at CSU Channel Islands and used with permission

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Benefits & Challenges with MR

Benefits

- Excellent opportunity for engagement or practice with difficult conversations
- Positive learner responses
- Little to minimal equipment cost

Challenges

- Space considerations
- Subscription or contract hours can be expensive
- Scenarios are limited – development is needed
- Measurement of learner learning outcomes is needed

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Projections related to the Future

■ **Virtual Reality is expected to grow**
  • There is greater interest and use in academic education; could VR and other technological strategies be of benefit to clinical practice education?
  • Potential for expanding to patients and families beyond healthcare providers
  • Further research is needed to understand outcomes, short term and long term

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■ **Artificial Intelligence (AI) is on the horizon**
  • Not if, but when…
  • Nursing is needed in research on application of AI
  • Concrete seems much more predictable in use of AI than soft skills at present
    von Gerich et al., 2021

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Final Thoughts

Effective communication about advance planning is necessary and must include sociocultural and health literacy considerations
Healthy People 2030; National Coalition of Hospice & Palliative Care, 2023

■ Provision 8 *of the* **American Nurses Association (ANA) Code of Ethics for Nurses** (2015): "a duty to **protect human rights**, **promote health diplomacy**, and **reduce health disparities**." **Disparities and inequalities in structural, social and institutional systems can result in higher burden and suffering.**

■ Medical-surgical nurses are often **well positioned to facilitate conversations** relating to discussions with patient on their future health, yet **inadequate knowledge and skills, support and time constraints are limitations**. (*Overbaugh, 2020*)

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Conclusion

A happy life is one spent in learning, earning and yearning.
– Lillian Gish, "First Lady of Cinema"

Resources

❑ACP: The My ACP Decisions Platform

❑TEDxOulu_Ben Gran: Why nurses are key to medical innovation

❑Extended Reality (XR) at CI for Nursing - Augmented, Mixed & Virtual Reality

❑The Medical Futurist: Virtual Reality Could Make Healthcare More Pleasant

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