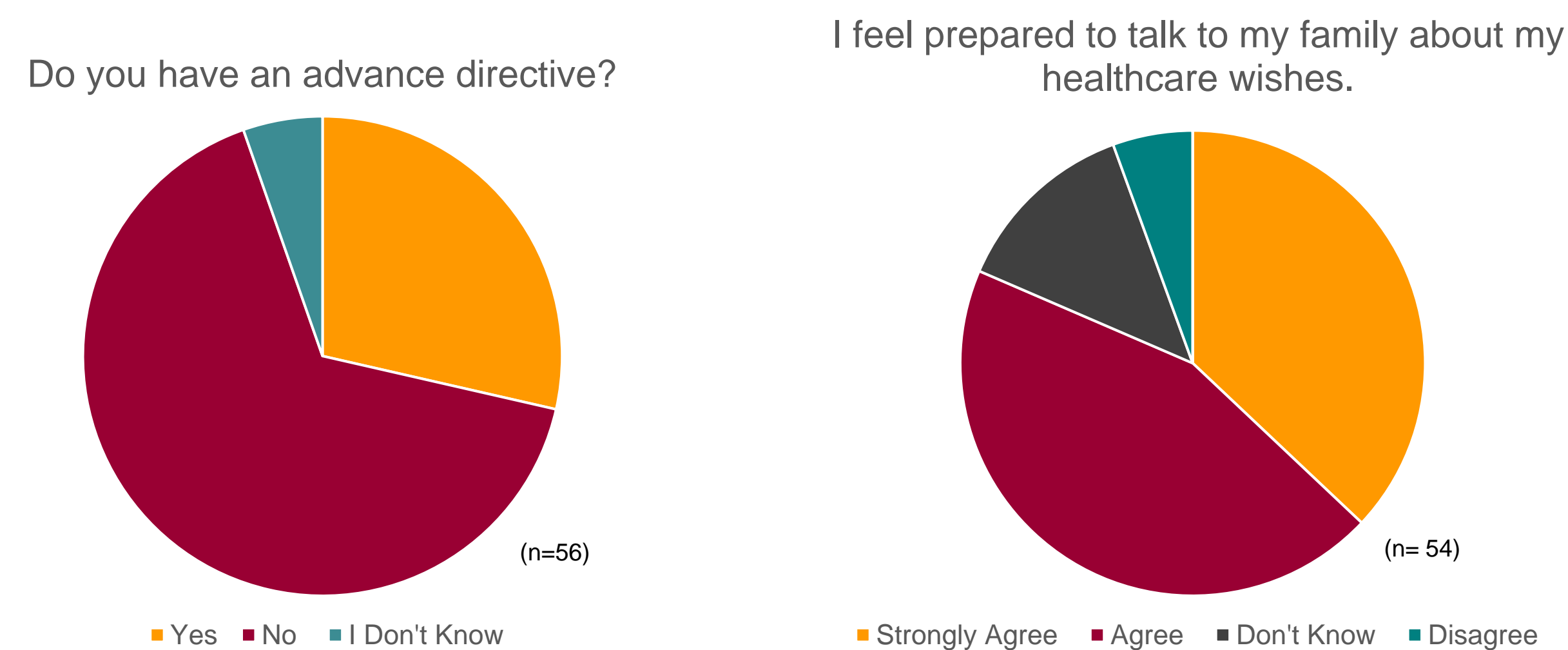


PREPARE-ing South Dakota Farm and Ranch Women for Advance Care Planning

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Purpose and Background

- Increase engagement in advance care planning (ACP) for women in South Dakota who farm and ranch.
- Increase documentation of medical wishes in the form of an advance directive (AD).
- Evaluate an education session on ACP for future use with South Dakota State University (SDSU) Extension.



- PICO Question: For South Dakota farm and ranch women participating in the Power of Women as AgVocates Conference, does the implementation of an education session about ACP conversations increase engagement in ACP and increase documentation of medical wishes in the form of an AD?

Evidence-Based Initiative

- ACP Education Session
 - PREPARE for YOUR Care ("PREPARE")
 - Based on the Transtheoretical Model (TTM)
 - Interactive online program
 - Video short stories
 - Interactive questions
 - Previous research
 - Increased engagement in ACP over time (Lum et al., 2018)
 - Higher rates of AD completion with PREPARE (Sudore et al., 2017)
- Advance Care Planning Engagement Survey
 - 15-item survey measuring engagement in ACP
 - Based on the TTM
 - Process Measures
 - Self-Efficacy
 - Readiness
 - Previous research
 - Cronbach's alpha 0.92 (Sudore et al., 2017)



Figure 1. Prepare. Adapted from "Welcome to Prepare," 2019, <https://prepareforyourcare.org/prepare>

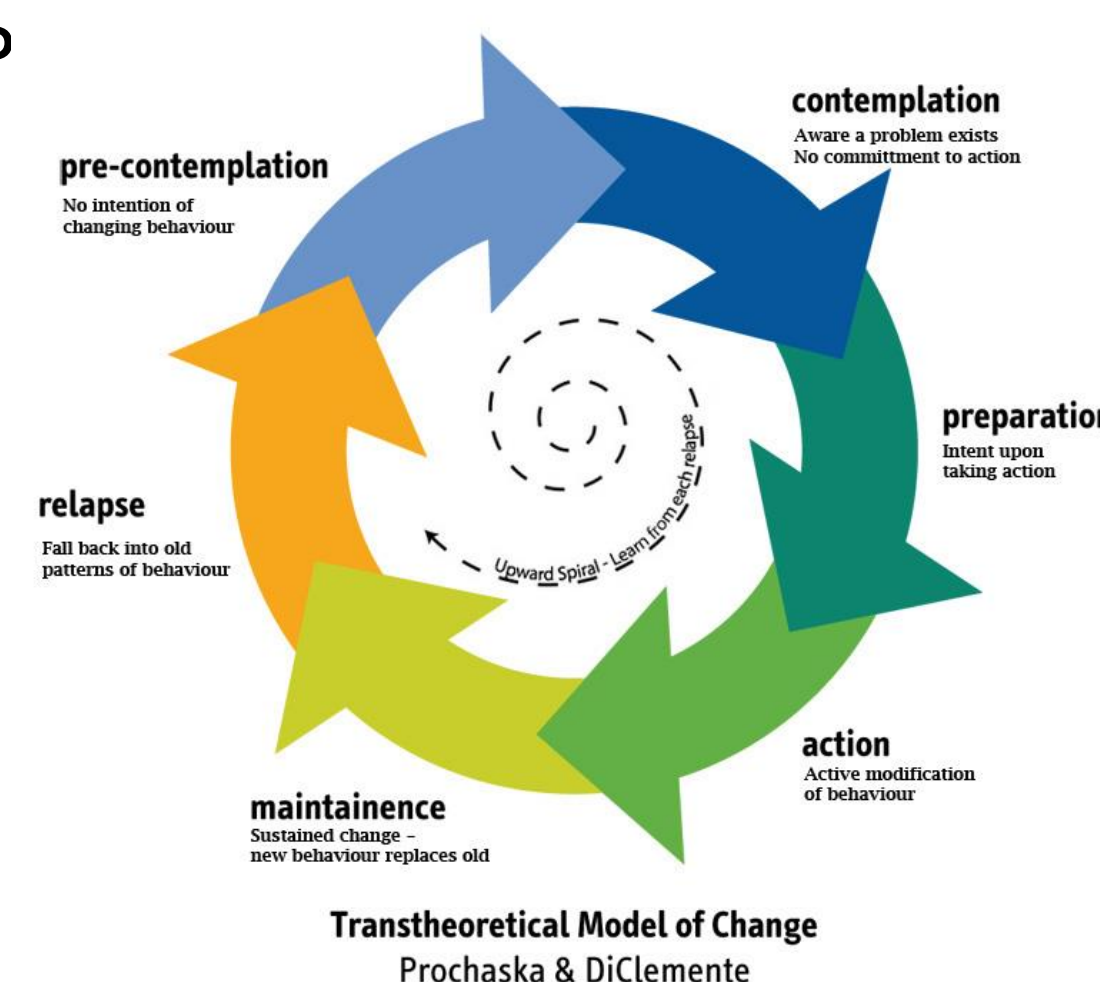
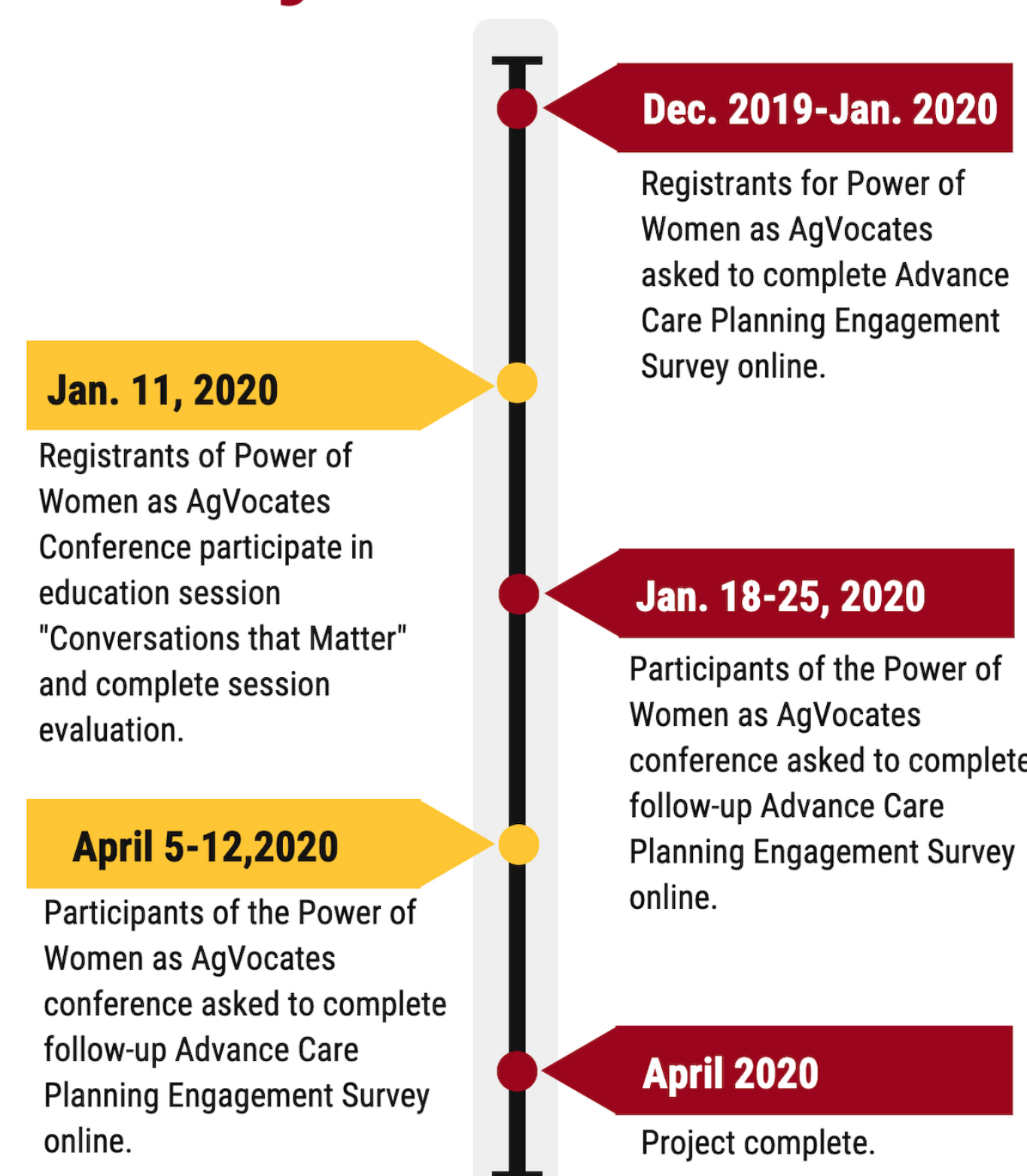


Figure 2. Transtheoretical Model. Adapted from "The Five Stages of Change," 2019, <https://www.the-relationship-blog.net/2016/06/the-five-stages-of-change/>

Project Plan

Project Timeline



- **Design:** Program evaluation; single sample, non-randomized cohort
- **Project Setting:** Power of Women as AgVocates Conference, Oacoma, SD
- **Sample:** Women participating in the Power of Women as AgVocates Conference (n=23)
- **"Conversations that Matter" Education Session:**
 - PREPARE for Your Care
 - Interactive Videos and completion of PREPARE workbook by participants
 - Group Discussion
 - Introduction to Advance Directives
 - PowerPoint and discussion

Sources of Data and Tools:

- Advance Care Planning Engagement Survey
 - Pre-education session
 - 1-week post-education session
 - 3-months post-education session
- Program evaluation form completed by participants immediately after education session

Results (continued)

- **Achievement of Program Objectives:**
 - "I have achieved the following objectives as a result of this education activity":

Objective #:	Objective Description:	Result: (n=23)
Objective 1	Describe the importance of choosing a medical decision maker.	Mean: 3.96 Standard Error: 0.043
Objective 2	Identify what matters most in life and for my medical care.	Mean: 3.78 Standard Error: 0.879
Objective 3	Determine how much flexibility to give my medical decision maker.	Mean: 3.82 Standard Error: 0.080

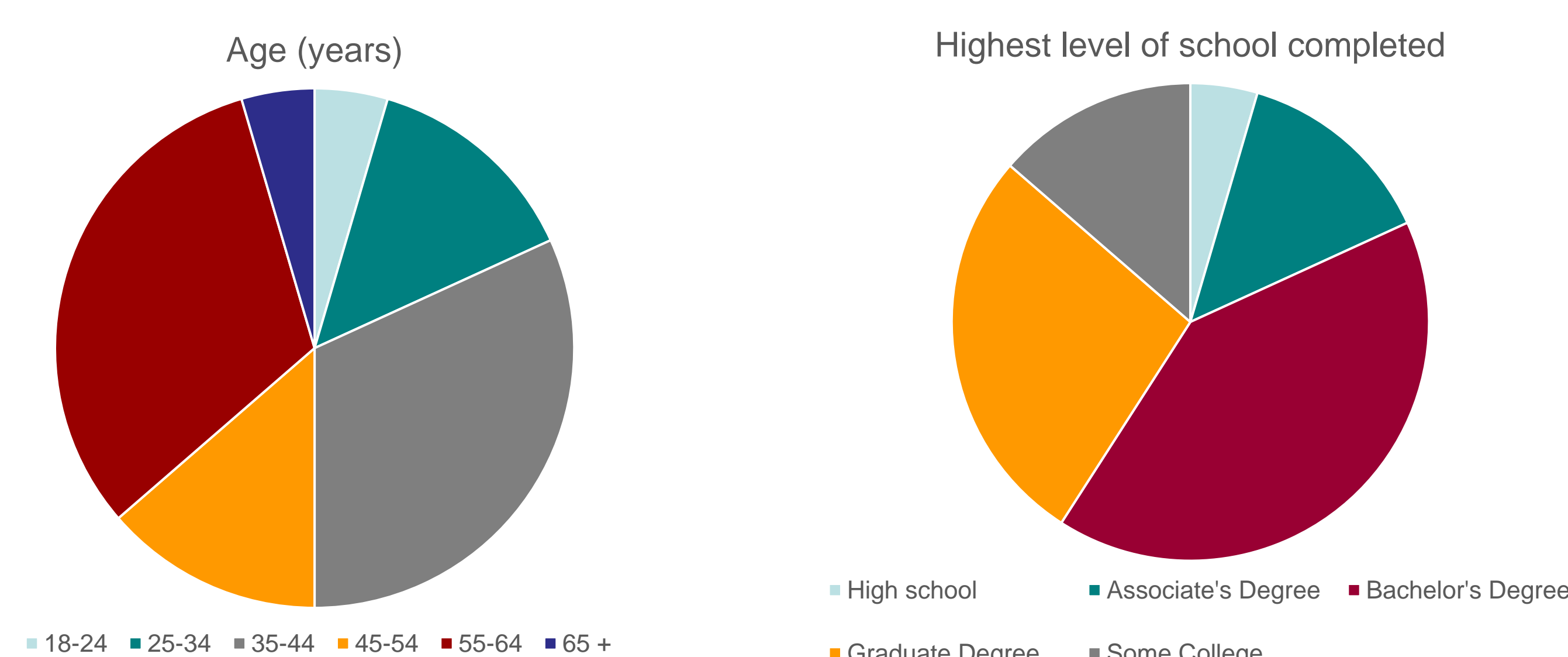
Rating scale used:
To a Great Extent= 4 To a Moderate Extent= 3 To a Slight Extent= 2 Not at all= 1

Practice Implications

- "Conversations that Matter" education session with the use of PREPARE for Your Care may increase engagement in ACP for women in the farm and ranch community.
- Future use with SDSU Extension: Program outcomes were achieved with this format and could be used at future events held by SDSU Extension.

Results

- Sample characteristics:



- **Statistically significant increases in overall ACP self-efficacy and readiness one-week post-education session. Statistically significant increases in overall ACP self-efficacy were also seen three months post-education.**

	Self-efficacy	Statistical Significance
Baseline	Avg: 3.8 (n=23)	
1-week post-education	Avg: 4.3 (n=12)	U=4114.5, z-score= -2.2395, p= 0.0126
3 months post-education	Avg: 4.3 (n=5)	U= 1228, z-score= -1.8721, p= 0.0306

	Readiness	Statistical Significance
Baseline	Avg: 3.0 (n=23)	
1-week post-education	Avg: 3.6 (n=12)	U= 8181.5, z-score= -2.6984, p=0.0035

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