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Purpose and Background

- To improve facilitation of advance care planning conversations, leading to future conversations
- To evaluate the effects of an evidence-based intervention on the attitudes (self-efficacy & readiness) of African American faith-leaders as related to advance care planning

Those Who Need "the Conversation"

- ✓ 3 times the number of Americans are living past age 65
- ✓ 64% of those age 65+ have multiple serious, chronic, or life-threatening comorbidities
- ✓ Racial/Ethnic Minorities age 65+ will increase by 160% in 2010 – 2030
- ✓ Disparities increase as the older adult & ethnic-minority older adult increase concurrently



African Americans:

Barriers to "the Conversation"

- ✓ Faith in a higher power or God
- ✓ Belief that end-of-life issues should be managed via religious practices
- ✓ Lack of knowledge and medical mistrust

Evidence-Based Initiative

- Reflective of the Transtheoretical Model
 - ✓ IHI's "The Conversation Project"
 - Free videos
 - Free downloadable, customizable documents/packets
 - Faith-Community-specific resources for continued training and education
 - ✓ Advance Care Planning 15-item Engagement Survey
 - Scored on a 5-point Likert
 - ❖ 1-low degree to 5-high degree
 - Process Measures
 - ❖ Self-efficacy (6 questions)
 - ❖ Readiness (9 questions)

Project Plan

Design

- ✓ Evaluation of an evidence-based intervention

Setting

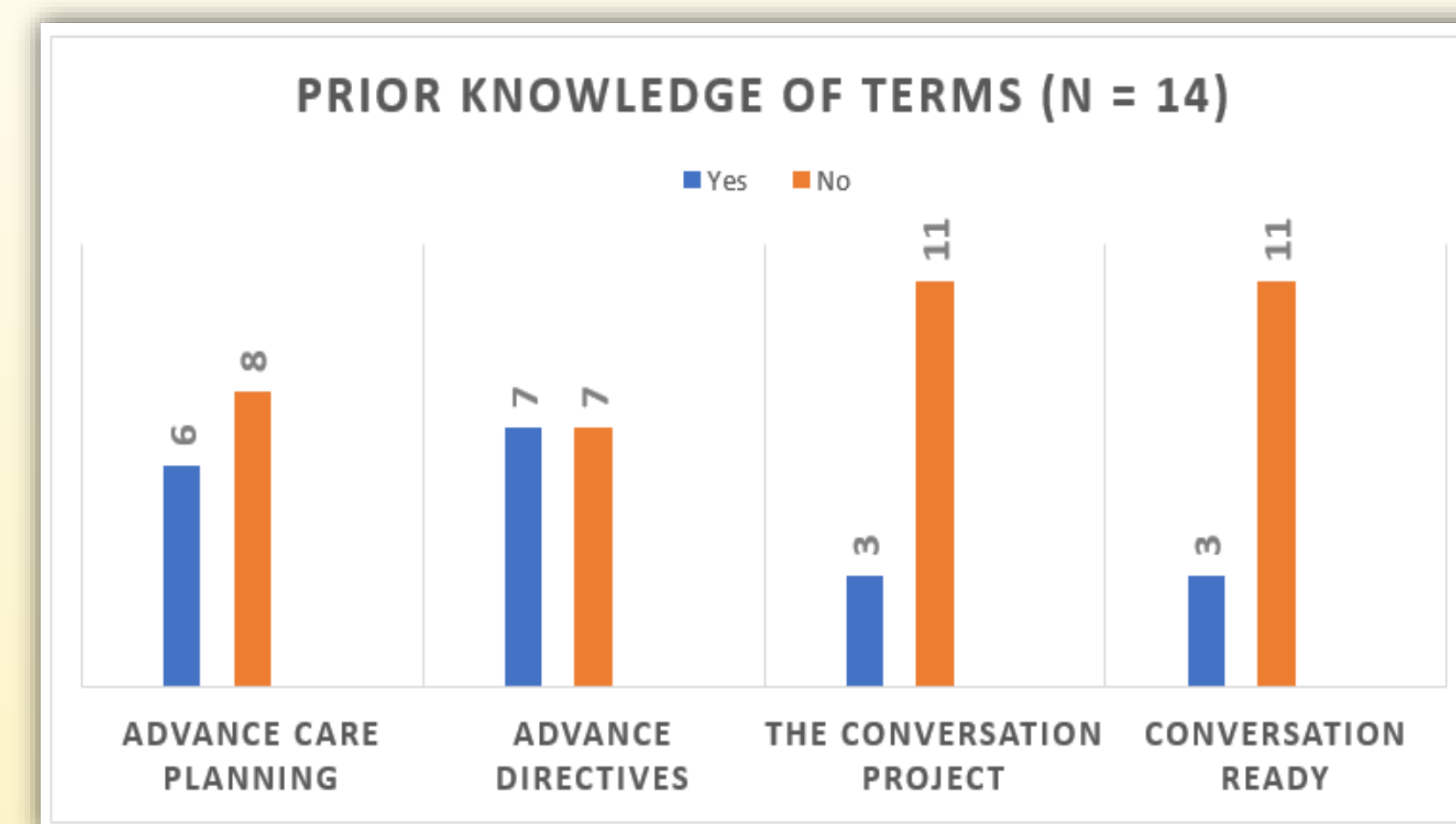
- ✓ Predominantly African American church
- ✓ South Side of Chicago, Illinois

Sample

- ✓ Purposive sampling

Participants (n = 14)

- ✓ Designated by the pastor as a "leader"; able to speak & write English
- ✓ Age (range): 32 – 71 years
- ✓ Age (mean): 51.14 years
- ✓ Married; Single: 35.7%
- ✓ Female: 78.6%



Dec. 2019 – Jan. 2020
Introductions & Participant Recruitment

January 24, 2020
Pastor's Intervention

February 1, 2020
Pre-test & Leaders' Intervention Part 1: Learn It (n = 15)

February 8, 2020
Post-Test #1 & Leaders' Intervention Part 2: Learn to Teach It (n = 14)

February 14, 2020
Post-Test #2 & Leaders' Intervention Completion (n = 10)

February 23, 2020
Remaining Post-Test #2 & Leaders' Intervention Completion (n = 4)

Leaders' Intervention, Part 1

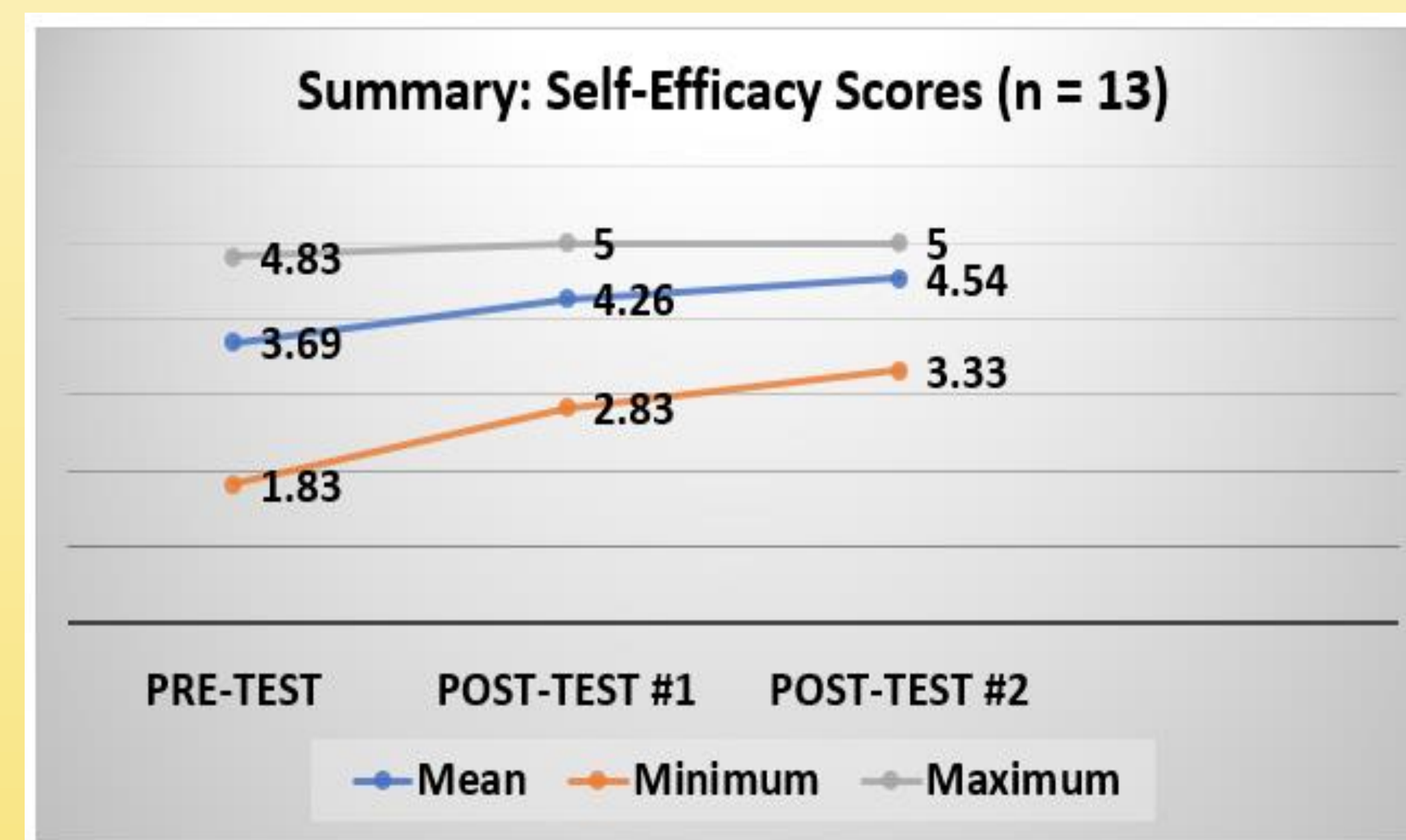
- ✓ Introduction to ACP, Myths, & Benefits; Key Terms
- ✓ IHI's "Conversation Ready"
 - YouTube Videos: "Who Will Speak for You?" & "Practice Makes Perfect"
 - Starter Kits: "Your Conversation Starter Kit"; "Who Will Speak for You?"; & "How to Talk to Your Doctor"
- ✓ Brief discussion of Illinois Healthcare Surrogate Act
- ✓ Introduction to Power of Attorney for Healthcare

Leaders' Intervention, Part 2

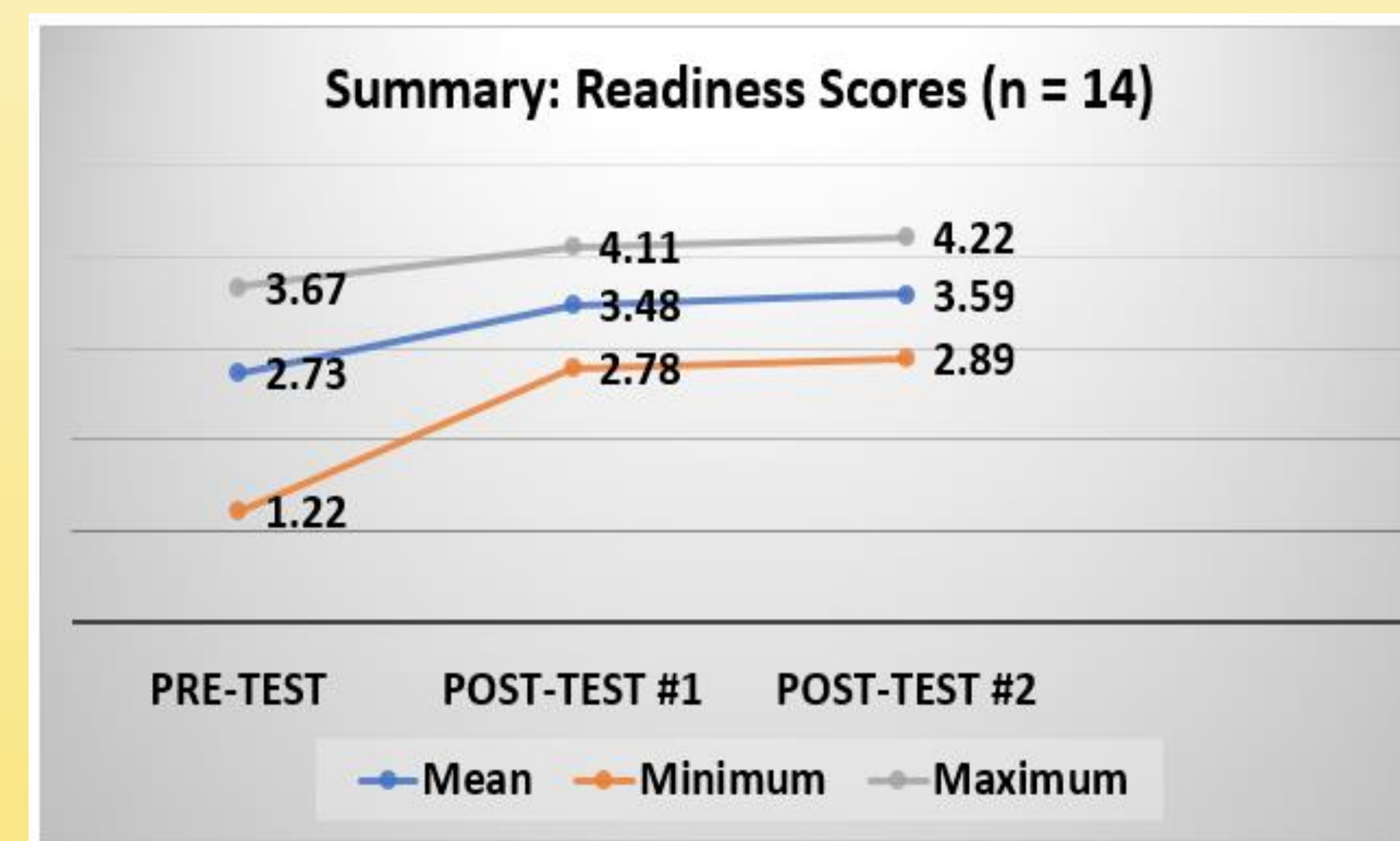
- ✓ IHI's "Conversation Project"
 - Kits: "Getting Started Guide for Congregations"; "Organizing Faith-based Events"; "90-minute Starter-Kit Facilitation Session"; "Coaching the Conversation: Facilitating Conversation Groups"
- ✓ Brief website tutorial
 - Faith-community Blogs, Testimonials, & Sample Sermons

Results

For both process measures, mean scores have increased across all 3 time-points:
Leaders self-reported more self-efficacy and readiness to engage in ACP conversations



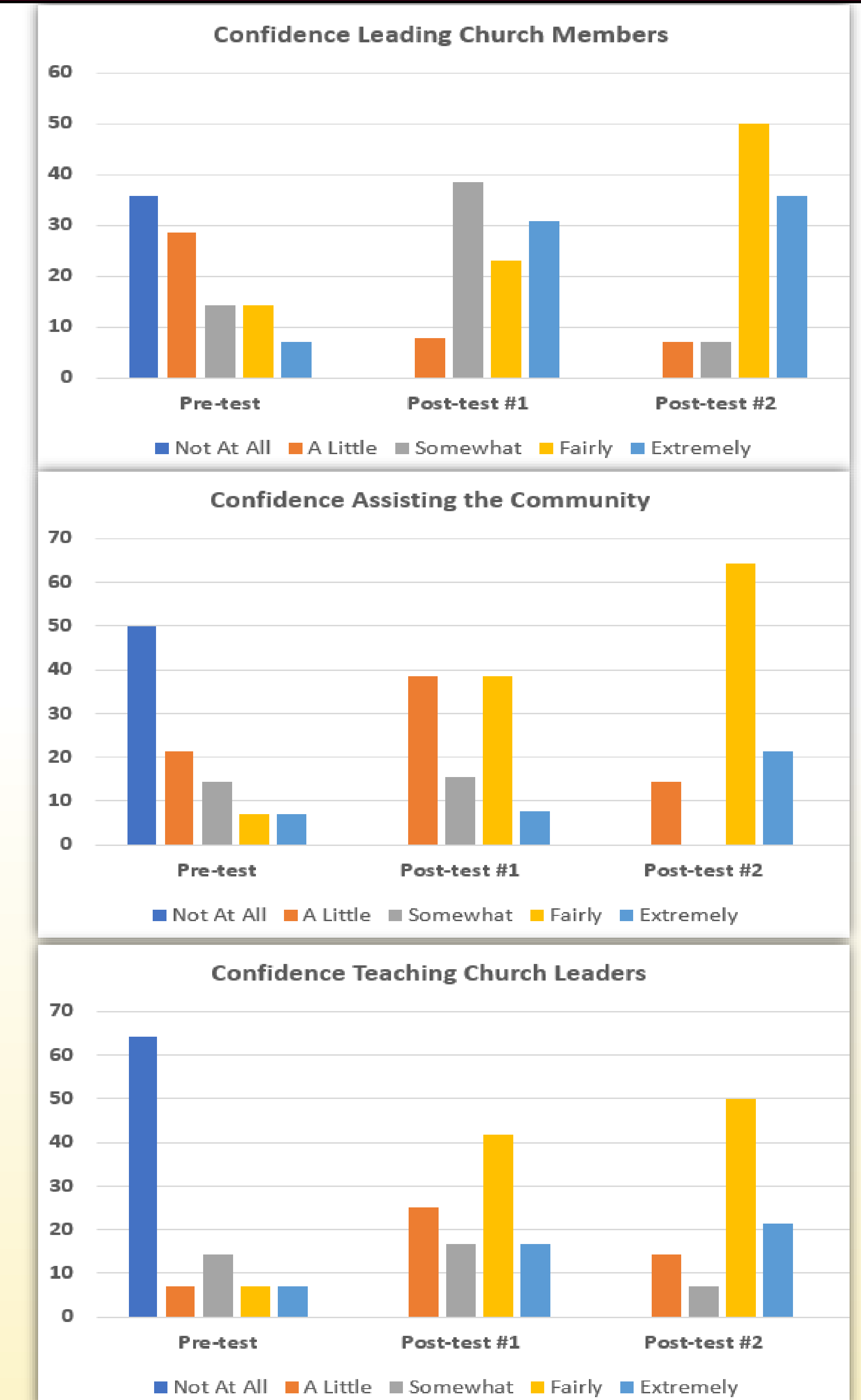
Paired t-test (P<0.05): There is a significant change in self-efficacy scores from pre-test/baseline to post-test #2 (p=0.011)



Paired t-test (P<0.05): There is a significant change in readiness scores from pre-test/baseline to post-test #2 (p=0.003)

	1	2	3	4	5	Not scored
Self-efficacy	Not at all	A little	Somewhat	Fairly	Extremely	Not sure/Refused
Readiness	Never thought about it	Thought about it; not ready to do it	Thinking about doing it in the next 6 months	Definitely planning to do it in the next 30 days	I have already done it	If you did it already, when?

Results cont.



Practice Implications

- The "Conversation Project" may be used to improve the knowledge and attitudes of leaders in African American churches
- Use in other African American churches of larger size for comparison
- Use in other communities of faith regardless of racial/ethnic background
- Sustainability through collaboration between healthcare personnel (FCNs, RNs, Navigators, etc.) and faith communities

Acknowledgements

- Project approval was received via Loyola University of Chicago's Institutional Review Board

Bibliography

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