

Sample

3.5 Hour Workshop Oral Proposal

Goals of Care Conversations and Advanced Care Planning: Practical Tips and Skill Building for Effective Communication

Category: Professional Development

Keyword: Communication

Education Need: ‘Dying in America: Improving quality and honoring individual preferences near the end of life’, a consensus report from National Academy of Medicine (Institute of Medicine), claims that in the United States, patients receive more intensive health care at the end of their lives than required or desired by patients. The report highlights poor outcomes related to intensive medical care at end of life and emphasizes the importance of provider-patient communication and timely advanced care planning. Timely discussion on goals of care can lead to goal- aligned advanced care planning that reduce non-beneficial aggressive medical care, improve quality of life and patient satisfaction and reduce health care costs. Several barriers exist in conducting timely and systematic goals of care conversations. In nursing homes, lack of knowledge and skills in advanced care planning is a known barrier for timely goals of care conversations. Also, provider’s lack of confidence in conducting goals of care conversation delays such communications. Inter-professional team members in long term care can facilitate such conversations and support patients and families during the process. During this interactive face to face education session, an inter-professional team which includes medical provider, nurse practitioner and social worker who are trained as goals of care conversation trainers will highlight the benefits of advance care planning as well as the effect of systematic communication in successful goals of care discussions. The session includes interactive communication practice drills to facilitate skill building. Practice drills in this education activity adopt training materials incorporated in the goals of care training program offered by Veterans Health Administration National Center for Ethics in Health Care. Goals of care conversations are not merely an opportunity to answer the question to resuscitate or not to resuscitate. These conversations are opportunities for providers to enable patients and families to align their values and goals in the planning of the nature of care they wish to receive. Provider confidence and skill in conducting patient-centered goals of care conversations are essential in any setting, especially in long-term care specialty.

Session Summary: This session will include discussion and small group communication practice drills facilitated by an interprofessional team of care conversation trainers. This activity will provide insight into a systematic framework for conducting successful goals of care conversations and advanced care planning. The session will discuss “SPIKES” (setting up, perception, invitation, knowledge, emotions, strategy, and summary) as a talking map for delivering serious news and “REMAP” (reframe, expect emotions, mapping the future, align with patient’s values, and plan treatments) as a framework for systematic goals of care conversation.

Learning Objectives:

- Describe the significance of advance care planning and goals of care conversations.
- Identify the need for advance care planning in patients while managing routine health care needs.
- Apply ‘SPIKES’ (Set up, perception, invitation, knowledge, emotions, strategy and summary) as a talking map for delivering serious news.
- Formulate communication strategy for goals of care conversations using ‘REMAP’ (Reframe, Expect emotions, Mapping the future, Align with patient’s values, Plan treatments) framework.

References:

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