



Service Priorities and Programmes
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Evidence-based Patient Education to Promote the Use of Advance Directives

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Introduction

Advance Directives (ADs) are written documents used by patients to express their wishes or preferences in relation to medical treatment, and are to be applied in the event that the patient becomes incapable of making his or her own decisions. Problem have been identified in previous advance directive researches concerning the best method by which to provide this information to patients and the best person to facilitate this process in order to increase the completing rate of ADs. Most methods were related to AD education and the need for this education to be varied in location, format, and substance. These included videos; pamphlets; and discussions that were conducted prior to admission, were structured, or were ongoing. Evidence suggested that the use of printed educational material along with verbal reinforcement of the content yielded better outcomes than the use of either written material or verbal teaching alone

Objectives

The use of passive informative material as well as the low rate of adults completed advanced directives inspired our group to start our project. Knowledge gap of AD in different patients and lack of informative and attractive education material at present setting were attributed to the low rate of completed ADs.

Methodology

The intervention took place in Day Hospice Centre (DHC), Tuen Mun Hospital. The participants were terminal cancer patients who were newly referral to palliative care and had follow up in DHC, who was aged 18 or above, mentally competent, could understand and read Chinese. They were given a newly designed leaflet and a pre-test questionnaire after verbal consent to the study. Then, a 10-minute presentation about AD was implemented by a trained nurse. The post-test questionnaires were given after the education and question-and-answer session.

Result

Before the program started, baseline data of percentage of signing AD were obtained.

This was calculated by number of hospice patients signing within the group of hospice patient went to have their follow up in DHC. The percentage of signing AD in July and August 2012 were 2.53% and 1.32% respectively. After the program, the percentage of signing AD in September (4.61%) and October (2.63%) were both increased obviously. There was a modest increase in percentage of patient signing AD after the implementation of the educational talk. We also facilitated patients and their beloved one to show concerns and feelings after each identical educational talk, most of them found it very useful, informative and interactive. The concise and comprehensive information gave them an overall picture before signing an AD.