Advance Care Planning in Palliative Care (ACP)

The development and evaluation of a Discussion Guideline as a tool for ACP with a Delphi poll

Introduction

Palliative Care is an approach that seeks to improve the quality of life for patients and their families in end of life care. An advanced planning is an important element in Palliative Care.

Advance Care Planning (ACP) is more and more acknowledged internationally. ACP derived from procedural, repetitive end-of-life conversations, whose results have influenced preventive measures and current treatment plans.

The study developed and evaluated a discussion guide, which can be used as a tool for ACP in Palliative Care.

Method

The study consisted of a Delphi process with two survey rounds. A draft of the discussion guide was presented to an anonymous group and was reviewed for content, relevance, and validity. The practical knowledge of altogether seven experts was systematically used for building a consensus for the evaluation and further development of the dialogue guide.

Results

The experts assessed the dialogue guide as an appropriate tool for the practical work. The present dialogue guide was developed based on the responses of the Delphi participants.

Conclusion

The developed dialogue guide can be used as a tool for ACP in Palliative Care.

We expect a good response in practice because of the positive feedback of the participants of the study.

In a further step the acceptance and implementation of the guide in practice should be evaluated.

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