

**Conversations about Advance Care Planning are important.**

**#WhatCanYouDo**

**Advance care planning can:**

- ensure that a **patient's wishes are followed** when they lose the capacity to make decisions for themselves
- help patients to **die in their usual place of residence** (where appropriate)
- **reduce end of life care costs** to the health service.



for Advance Care Planning &  
End of Life Care Conversations

# We asked clinicians for their first thought before they discussed advance care planning... #EOL

How do I begin? How much time do I have? Stop any interruptions? OMG do not mess this up! Remember your previous advanced communication training.

Anxiety - don't know how to start or know what information to give.

I hope I get this right.

Positive - good to meet patient/family and learn what they know, are thinking and feeling.

Wanting to be empathic

Feeling vulnerable because of lack of confidence.

I feel glad they've brought it up first



for Advance Care Planning & End of Life Care Conversations

## Some healthcare professionals are reluctant to discuss dying with their patients. #EOL

- **25% of GPs say that they have never initiated discussion about advance care planning** – they know ACP discussions are important, but hesitate to start conversations about dying.
- **60% - 90% of patients with life threatening illness report never having discussed end of life care issues with their clinician.**<sup>2</sup>

<sup>1</sup> [http://www.endoflifecare-intelligence.org.uk/resources/publications/what\\_we\\_know\\_now\\_2014](http://www.endoflifecare-intelligence.org.uk/resources/publications/what_we_know_now_2014)

<sup>2</sup> Brighton LJ, Bristowe K. Postgrad Med J (2016);92:466-470.



for Advance Care Planning &  
End of Life Care Conversations

**We asked healthcare professionals whether they had avoided a conversation about advance care planning in the last 3 months.**  
**#EOL**

- **Nearly one quarter (24%)** of healthcare professionals said that they had avoided a discussion about advance care planning within the last 3 months. \*

\* Sample size was 127 and 26 did not answer the question.



for Advance Care Planning &  
End of Life Care Conversations

# How does SAGE & THYME for Advance Care Planning differ from SAGE & THYME Foundation Level training?

#SAGEandTHYMETraining #NHS #EOL

	SAGE & THYME Foundation Level	SAGE & THYME ACP
<b>Target audience</b>	All levels of health and social care staff (clinical and non-clinical) requiring foundation level communication skills	Senior staff who engage in advance care planning/end of life care conversations (e.g. GPs, healthcare staff, social workers, lawyers)
<b>Previous experience required</b>	None	Experience of advance care planning / end of life care/ Gold Standards Framework
<b>Aims</b>	To provide a structured approach to dealing with concerns	To provide a structured approach to addressing advance care planning issues and dealing with concerns
<b>Duration of workshop</b>	3 hours	3.5 hours
<b>Number of learners per workshop</b>	30	30
<b>Workshop format</b>	Lecture, small group work and interactive rehearsals	Lecture, small group work and interactive rehearsals

# SAGE & THYME ACP workshop provides level 2 communication skills training #SAGEandTHYMEtraining

- **Level 1:** all staff
- **Level 2:** health and social care professionals with additional expertise
- **Level 3:** trained and accredited professionals (e.g. counsellors)
- **Level 4:** mental health specialists

From:

NICE (2004): Improving supportive and palliative care for adults with cancer



for Advance Care Planning &  
End of Life Care Conversations

# Who is the SAGE & THYME ACP workshop for and what does it teach? #EOL #SAGEandTHYMEtraining

The SAGE & THYME for advance care planning (ACP) workshop:

- is designed for **doctors and nurses in the community, hospitals, nursing and care homes** who have ACP experience
- teaches how to:
  - **open a conversation** about ACP
  - **determine patient's preferences around the end of their life**
  - **listen and respond** to patient's concerns.



for Advance Care Planning &  
End of Life Care Conversations

The SAGE & THYME for advance care planning workshop lasts 3.5 hours #SAGEandTHYMEtraining #EOL



Group work,  
lecture, rehearsals



30 participants



3 facilitators



for Advance Care Planning &  
End of Life Care Conversations



## What do others say about the SAGE & THYME for Advance Care Planning workshop? #SAGEandTHYMEtraining

“I was reasonably confident about communication in EoL [end of life] (perhaps cocky!), so when I attended the SAGE and THYME workshop last September I smugly thought I didn't have much to learn. I was wrong; it helped me greatly to structure conversations better. I used this structure for the Dying Matters DVD which was well received. The 30 GPs in Morecambe also gave very positive feedback.”

**Dr Peter Nightingale, GP**

“You think you know how to do this, I've done this for over 20 years and have learnt very useful new skills.”

**Dr Sue Sinclair, Consultant  
Anaesthetist, University  
Hospitals Birmingham NHS  
Foundation Trust**



for Advance Care Planning &  
End of Life Care Conversations

# The SAGE & THYME for advance care planning (ACP) workshop assumes prior knowledge

Participants attending S&T ACP workshop should:

- have an **understanding of what advance care planning and end of life care involves**
- be **aware of the relevant guidelines and laws**
- know about **relevant ACP documentation.**



for Advance Care Planning &  
End of Life Care Conversations

# Why choose SAGE & THYME advance care planning training? #DyingMatters

The National Care of the Dying Audit recommends that staff have communication skills training

The SAGE & THYME model is used to demonstrate an advance care planning conversation in a Dying Matters resource

The Palliative and End of Life Care Strategy for Northern Ireland uses SAGE & THYME as an exemplar

SAGE & THYME is referenced in **Advance Care Planning in End of Life Care** (edited by Keri Thomas)



for Advance Care Planning &  
End of Life Care Conversations

# What is the evidence behind the SAGE & THYME for advance care planning workshop? #SAGEandTHYMEtraining

A study involving **413** healthcare professionals (31% GPs) where 91% completed pre and post workshop questionnaires showed that:

- There was a **significant increase** from pre- to post-workshop in the level of:
  - confidence in **starting** an end of life or advanced care planning (ACP) conversation
  - confidence in **responding** to a patient's or relatives concerns
  - perceived **competence** in conducting an ACP conversation.
- **74%** would **definitely change** their practice as a result of the workshop.
- **88%** would **definitely recommend** the workshop.



for Advance Care Planning &  
End of Life Care Conversations

# Why is advance care planning training a priority for commissioners? #NHS #CCGs #EOL

**Discussing advance care planning facilitates patient-centred care and increases patient satisfaction and allows the patient's wishes to be implemented**

RCGP (2009), ACP national guidelines

**An advance plan can reduce use of ambulances, emergency departments and hospitalisation rates**

NHS England, CQUIN guidance 2015/16

**Advance care planning should improve NHS service efficiency**

Department of Health (2012), End of Life Care Strategy

**NHS England end of life care commissioning guidance encourages commissioning training**

NHS England (2016), Commissioning person centred end of life care

# Good care of the dying includes complying with the patient's wishes. #EOL

- Research has shown that whilst good care of dying patients includes complying with the patient's wishes, an advance care plan (ACP) is not always completed.
- One reason is that staff find it difficult to initiate such discussions.
- The **SAGE & THYME ACP workshop** teaches healthcare professionals how to:
  - open a discussion about advance care planning
  - manage any concerns that a patient may have
  - ensure that their patients receive the right care, at the right time and in the right place.



for Advance Care Planning &  
End of Life Care Conversations

## What do participants say about using the SAGE & THYME model to assist with advance care planning and end of life care?

*"I feel relieved that I now have more confidence to embark on end of life conversations."*

**Practice Nurse**

*"Using the structure will take the stress out of holding end of life conversations."*

**Nursing Home Manager**

*"Took away the panic. Gives a structure to work by."*

**GP Registrar**

*"I was surprised that by letting the patient talk through things they seem more clear and definite of what they want/don't want by the end of the conversation".*

**Staff Nurse**

*"Very useful blueprint for a thorough, patient-centred discussion. Everybody leaving happy with a plan in place."*

**GP**



for Advance Care Planning &  
End of Life Care Conversations