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INTRODUCTION

Advanced Directives are legal documents that specify how a person wishes to proceed with care if he/she becomes incapacitated and unable to express these wishes. For example, these documents discuss if someone wishes to have certain life sustaining measures performed if necessary to prolong life such as CPR, dialysis, and ventilators. In the United States approximately 1 in 3 adults complete advanced directives. (Yadav et al) Having such a document on file makes medical care align with a patient's desires in end-of-life care, which can drastically decrease patients' loved one's distress during this already distressing time. Increasing the number of advanced directives requires advanced care planning between physicians and patients. Advanced care planning is an ongoing process that includes discussion and education about the document itself and the overall process of completing the document. (Houben et al)

AIM STATEMENT:

By September 2021, we, the OSUMC Bioethics Committee, will improve resident education regarding advanced directives. 100% of residents working on teams who admit patients to OSUMC (Family Medicine, Internal Medicine, Surgery, and OBGYN) will undergo this training. By March 2022, the percentage of admitted patients aged 65 years and older with completed advanced directives on file compared to admitted patients aged 65 years and older without completed advanced directives on file will increase."

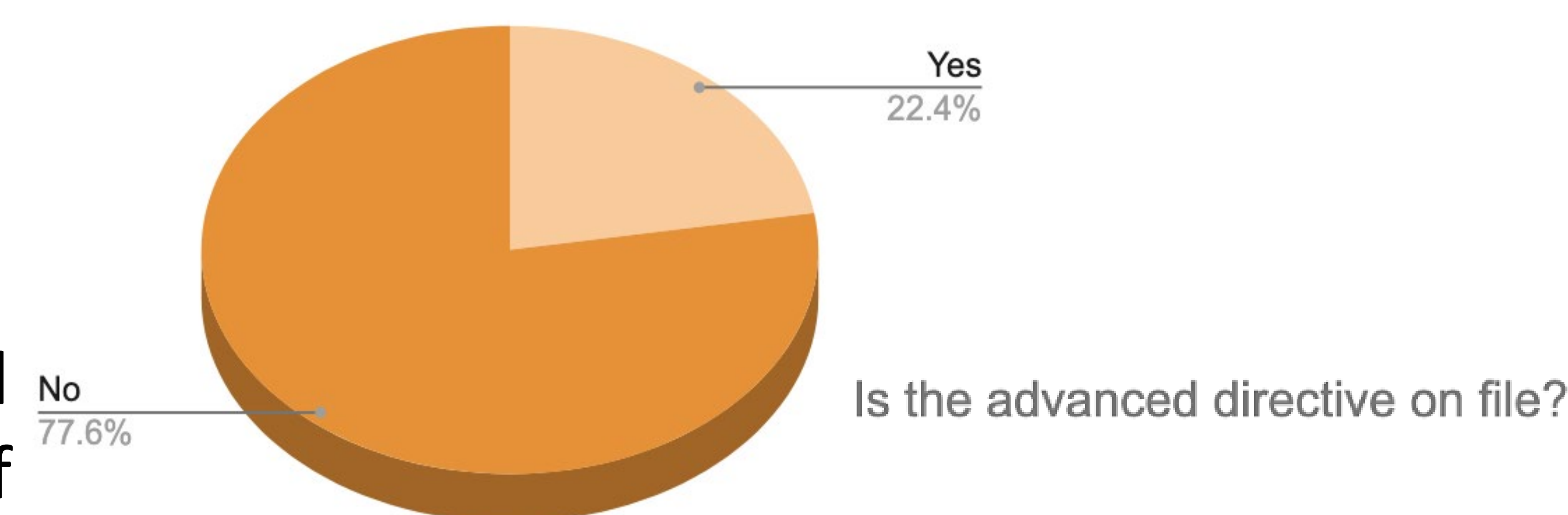
METHODS

The research group collected data to include the percentage of patients who are 65-years-old and older admitted to OSU Medical Center from November 2020 until March 2021 who have an advanced directive on file. The group will then begin a multipronged education quality improvement project to include a Grand Rounds presentation on advance directives, resident and nurse education, as well as developing an easy to understand advanced directive packet to be given to patients. This education initiative will occur from July 2021 until September 2021. Data will be collected on patients admitted to OSU Medical Center with advanced directives from November 2021 until March 2022 to evaluate the effect of our overall quality improvement project.

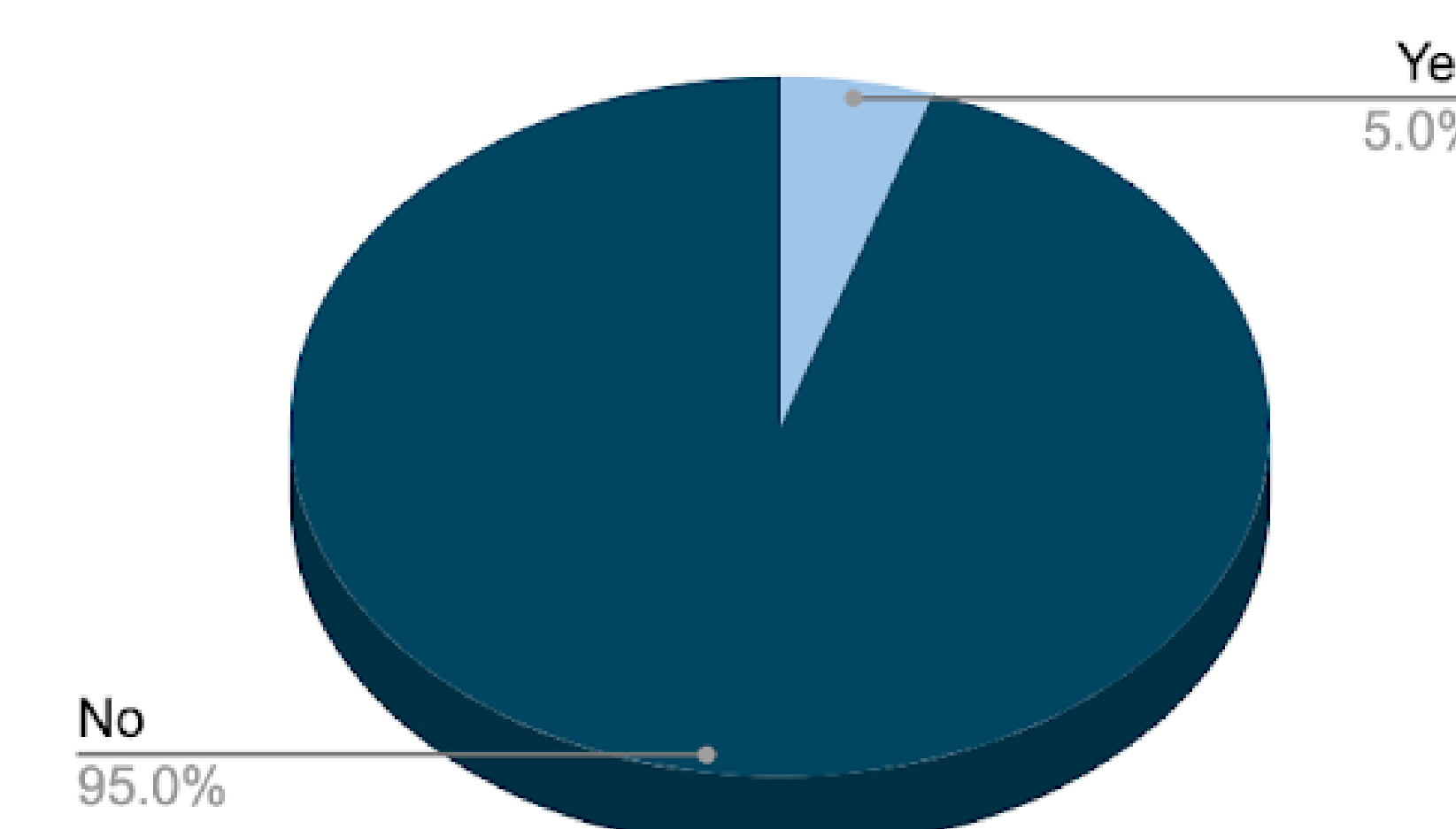
RESULTS

Considering all patients aged 65-years-old and older admitted to OSUMC, 22.4% stated that they previously completed an advanced directive. Of this 22.4%, only 5% of the patient's charts had the advanced directives on file. In total, only 1.12% of patient 65-years-old and older had advanced directives on file at the time of his/her admission.

Do you have an advanced directive?



Is the advanced directive on file?



CONCLUSION

The data collection of the admitted patients 65-years and older with and without advance directives on file showed a low percentage (1.12%) of patients ≥ 65 -years-old had an advance directive on file upon admission to OSU Medical Center, while 22.4% of the same age demographic had a completed advance directive. A majority of this patient population at OSU Medical Center had no advance directive on file. With this baseline data, we hope to increase the amount of completed and legal advance directives on file for our patients 65-years-old and over through our 2021-2022 education initiative. The data shows there is a need for intervention to assist patients with advance directives, including to help explain the intricate elements of an advance directive or to address the idea of an advance directive for the first time. By doing so, this will alleviate stressors of critical care decisions and possible end of life situations for both healthcare providers and patients' family members.

REFERENCES

- Houben, C. et al. (2014). Efficacy of advanced care planning: A systemic review and meta-analysis. JAMDA, 15, 477-489.
Yadav, K. et al. (2017). Approximately one in three US adults completes any type of advanced directive for end-of-life care. Health Affairs, 36(7).