

Introduction

Advance Care Planning (ACP) is a series of discussions on future healthcare preferences when one becomes seriously ill and uncommunicative. ACP is suitable for anyone regardless of health status and it helps to guide the medical team and the loved ones in decision making based on patient's culture, belief, values and preferences.

The ACP team in Tan Tock Seng Hospital (TTSH) embarked on outreach initiatives to the community to raise awareness on the need for ACP upstream.

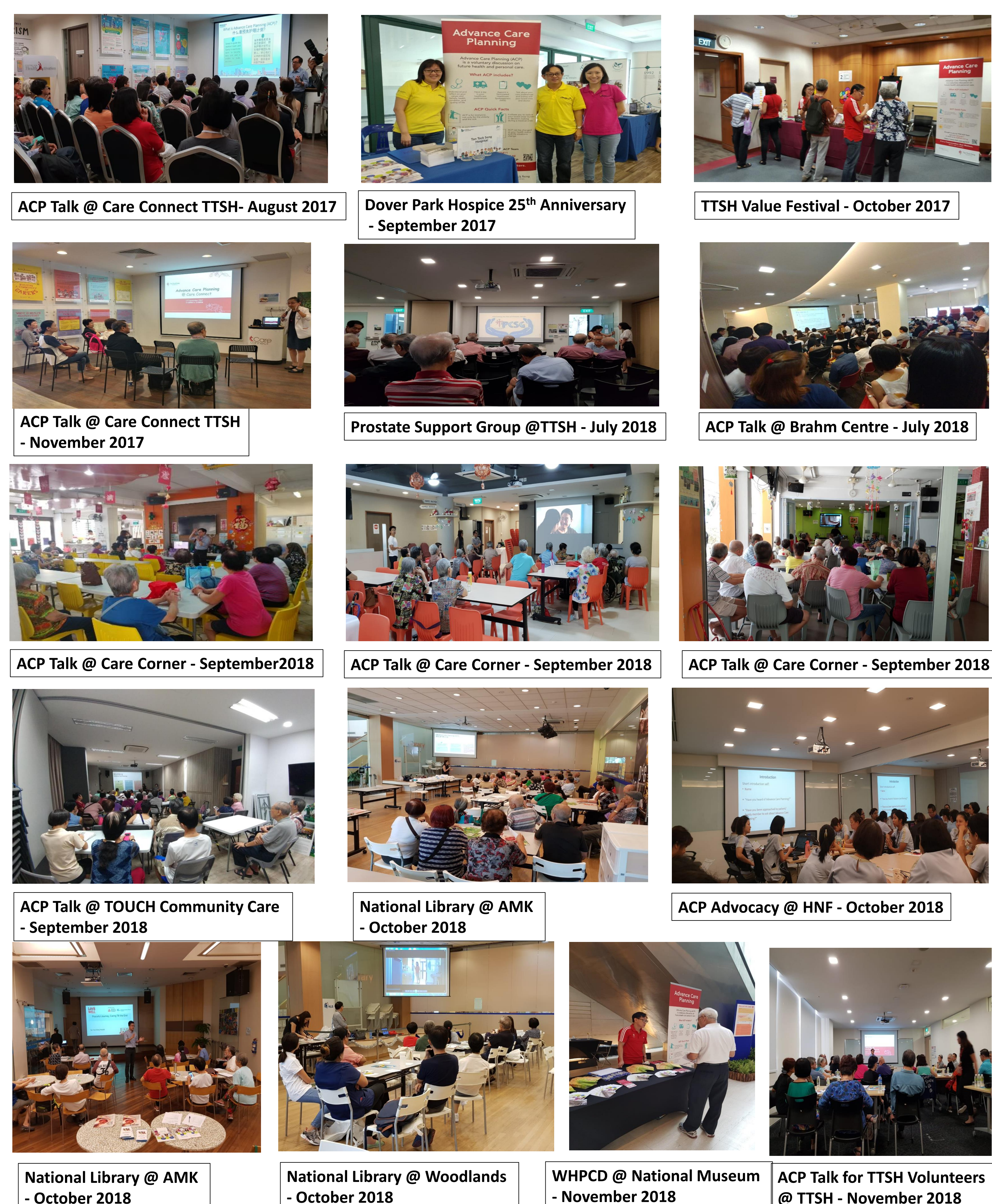
Aim

The ACP team aims to promote awareness of ACP in the community settings as important conversations and to increase its take up rates.

Methodology

The team focused on giving awareness talks and interactive sessions in the community using different languages for Voluntary Welfare Organisations (VWO) and other organisations. Presentations, videos, interactive card game and ACP Conversation Starter booklets were included in these outreach activities implemented for the year 2017 to 2018.

ACP Awareness Talks in the Community in 2017 and 2018



Results

The team had achieved promising results from January 2017 to December 2018 which showed its efforts to increase ACP awareness the community.

There was an increase of community engagement from a total of 7 activities conducted in 2017, which included 3 internal activities for public, for example, at Care Connect TTSH and Value Festival Day, and 4 activities booths for Breast Cancer sharing, Dover Park Hospice 25th Anniversary and World Hospice and Palliative Care Day (WHPCD). The number of activities increased to 17 in 2018 (**Table 1**), which included 13 external activities, for example; at Care Corners, National Libraries, and 2 internal activities namely for Singapore Patient Conference and Care Connect TTSH, and 2 activities booths for World Alzheimer's Day and World Hospice and Palliative Day (WHPCD). The total attendances recorded in 2017 was 479 with an increase to 779 in 2018 (**Table 2**).

Table 1: Total Number of Activities Conducted in 2017 and 2018

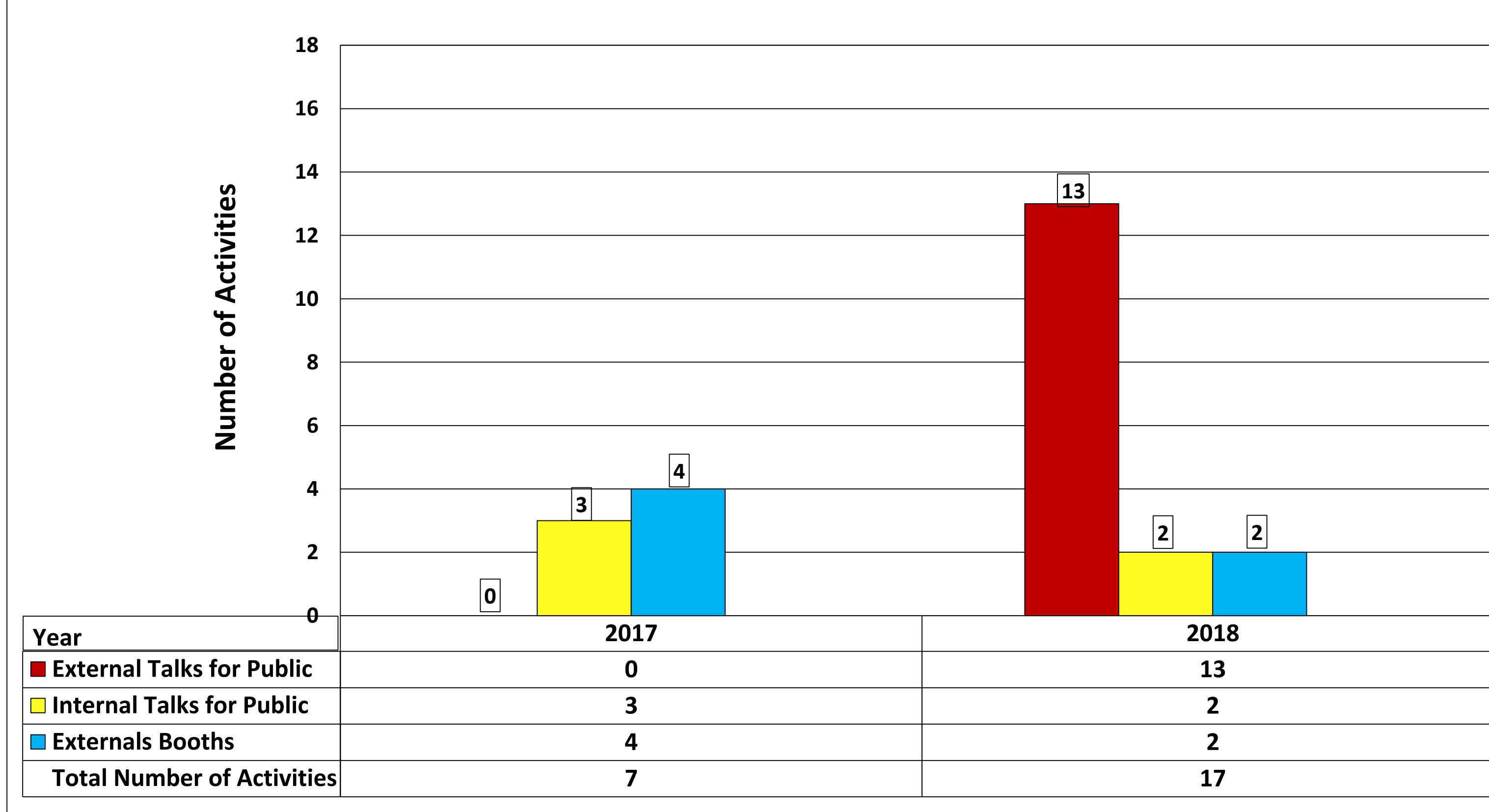
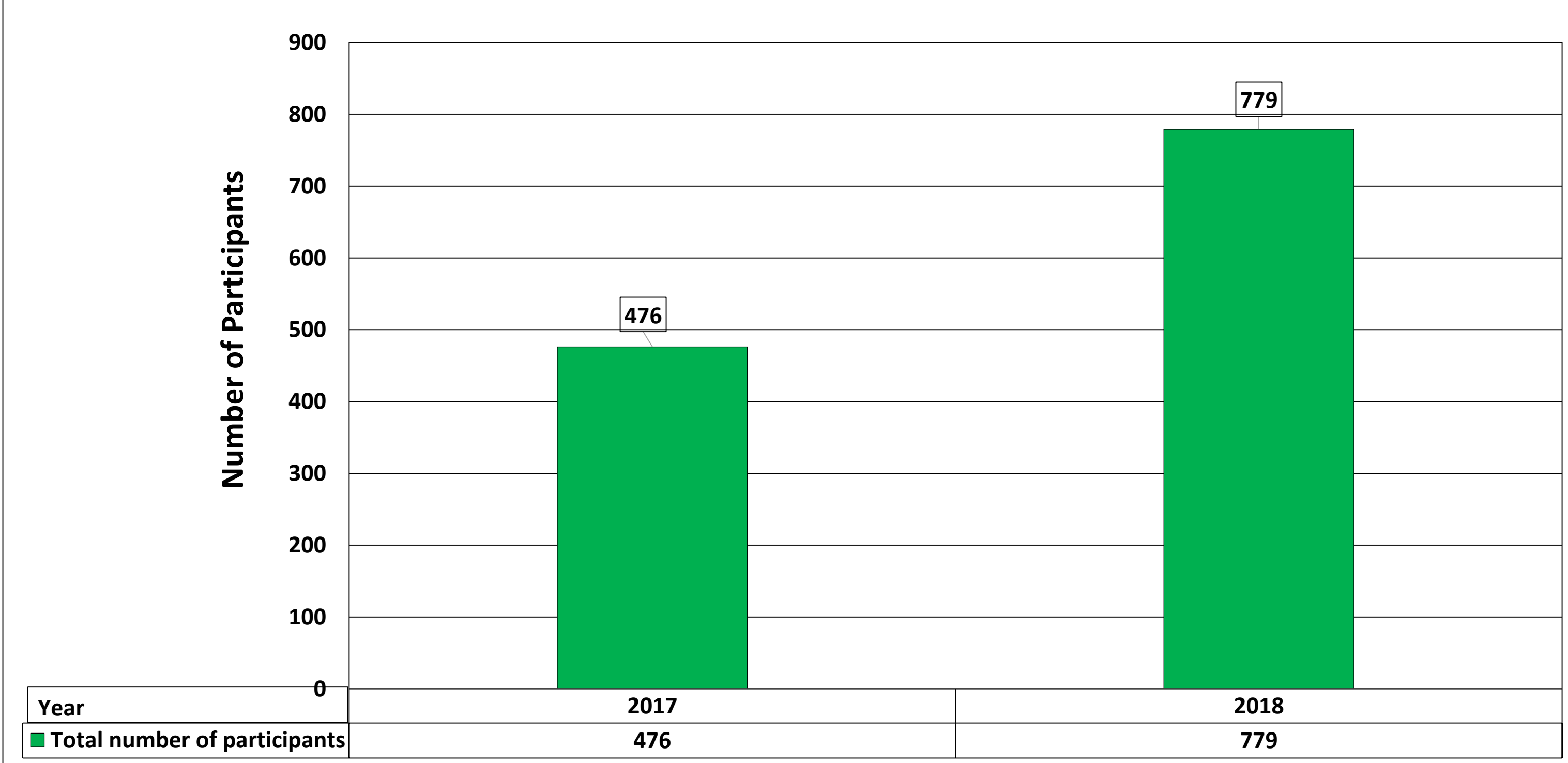


Table 2: Total Number of Participants in 2017 and 2018



Conclusion

Continuous engagement with stakeholders in the community helped to raise ACP awareness, resulting in increased requests from community stakeholders for ACP sharing. Moving forward, the team will continue to work with community stakeholders to increase awareness of ACP in the community and encourage ACP conversations at an earlier phase in a person's life.