Expanding Advance Care Planning (ACP) Outreach from Hospital to Community – The Singapore General Hospital Experience

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Overview

From Hospital to Community Engagement ~ Awareness ~ Action

1. In-House Engagement

2. Collaborative Partnership

3. Engagement Tools
   ▪ Photography Exhibition
   ▪ ACP Activity Booth
   ▪ Artwork Workshop

4. Learning Points
   ▪ Challenges and Opportunities
Learning Points

1. Focus on building Collaborative Partnerships to spread ACP

2. Targeted activities i.e., workshops and talks may be more effective modes of outreach

3. Creative mediums such as Story-telling and Artwork facilitates entry to taboo subjects

4. Build capacity in the community to follow-up with ACP facilitation
In 2009, Agency for Integrated Care (AIC) bought the license from Respecting Choices® (USA) for adaptation of ACP framework in Singapore & rebranded it as: Living Matters

The Story of La Crosse, Wisconsin, US
Gunderson Health System since 1993

- Internationally recognised, evidence-based ACP programme
- Used in Australia, Europe, USA
- Focuses on process of ACP rather than on completing a form
Regional Healthcare System in Singapore

Total Population in the East: 1.36 Million
35% of Total Resident Population
In-House Engagement

1. Endorsement from hospital Leadership (Medical, Nursing, Allied Health Division etc.)

2. Collaborative partnership with hospital Communication Department. Build resource i.e., videos, brochures, information sheet etc.

3. Focus of engagement should include:
   1. Awareness building
   2. Mindset shift (Care providers to consider ACP for themselves as a 1st step)
Collaborative Partnerships

• Optimise community engagement through partnering community service providers

  1. Tap on existing relationship / rapport community partners with their clients / residents

  2. Share resource with partners and tap on existing community engagement events etc.

  3. Generate interest of community service providers to be trained and equipped to follow-up with clients / residents with interest to complete ACP
Partnership with Community Nurses

Community Nurses:

- Provide nursing and medical care services to residents in the community.
- Focus on elderly persons who often have complex medical conditions, geriatric syndromes, and are at risk of falls, disability and hospitalisation.
- Are stationed in neighbourhood Senior Activity Centres & Family Service Centres
- Utilise existing rapport with residents to introduce ACP effectively & follow-up through with the discussion
- Can be trained as ACP advocates and/or facilitators
Partnership with Schools & Students

• ACP Awareness Campaign created by 4 Nanyang Technological University (NTU) Comms Students

• Developed ACP collaterals, games, videos and social media webpages

• Organised 12 roadshows at library hospitals, polyclinics, and social service centres etc.

• Outreach to more than 750 people

• Facilitated ACP appointment making for 27 public members

“I witnessed the stress my cousin had to go through in deciding what sort of care his father would want after suffering a stroke. That inspired my team to embark on Let’s Talk Care,” said Haikal Latiff, 28, one of the team member

• https://www.facebook.com/letstalkcare/?ref=page_internal
• https://blogs.ntu.edu.sg/colab4good/2019/06/01/lets-talk-care/
• Students raise awareness about Advance Care Planning among older Singaporeans - The Online Citizen Asia
For more information, please visit
Website: http://www.bothsidesnow.sg/
Youtube channel: Both Sides, Now SG
Engagement Tools

• Imaginary e.g., use of photography.
  • SingHealth ACP Photography competition

• Games e.g., engage participants at outreach events

• Artwork (Painting) e.g., create environment/platform for deeper reflection
Mother was diagnosed with lymphoma in late 2015. She lost her crowning glory to chemotherapy while battling the nasty cancer cells. It was a tremulous journey to recovery, and we are thankful that things turned out well eventually. Living well to us is to be in the pink of health to enjoy these simple pleasures.
ACP Booth Activity

- Engage participants to reflect and vote on ‘What is most important in your life?’
  - Family & Friends
  - Live Life to the Fullest
  - Career
  - Health
  - Others
ACP Outreach
Through Art

“If I am a Tree...”
ACP Artwork Workshop

• **Purpose**
  
  – Engage participants to reflect on living well through Artwork & provide follow-up sessions to complete ACP

• **ACP outreach through artwork**
  
  – Collaborate with hospital leadership and Communication Department to outreach SGH campus staff
  
  – Collaborate with RHS to outreach community partner, VWOs, Religions groups
Overview of ACP Artwork Workshop

1. Introduction to Advance Care Planning

2. Reflective Artwork

3. Moving from Your Thoughts to Action
Introduction to ACP

1. What is ACP?

2. Benefits of ACP

3. Advance Directives within the Local context
   - Mental Capacity Act
   - Other Advance Directives

4. Role of Nominated Healthcare Spokesperson (NHS)
Reflective Exercise – ACP DIY Workbook

1. What makes each day meaningful?
2. What gives my life purpose?
3. What can I not live without?
4. What matters to me?
5. My greatest fears and worries about having a serious illness are...
6. Who or what keeps you going when you face serious challenges in life?
7. Who do you trust to speak on your behalf?
Art Workshop Kit

1. Tablecloth
2. Canvas
3. Caption sticker
4. Wipe
5. Palette
6. Cup
7. Cotton bud
8. Acrylic paint
9. Paint brush
10. Pencil
11. Marker
12. ACP Totebag
13. ACP Workbook
Ground Rules 基本规则

1. Every artwork is right
   每件艺术品都是对的
   There is no right or wrong artwork
   没有正确或错误的艺术品
   We are creators of our own masterpiece.
   我们是自己杰作的创造者

2. Respect 尊重
   Let’s respect one another and each other’s artwork
   让我们互相尊重彼此和彼此的作品
After you have completed your Artwork...

1. Write or Sign your name and date your artwork on your canvas

2. Write the story of your TREE on the sticker label
   • It can be a paragraph
   • A Sentence
   • A Word
Share Your TREE Story...

Take turns to read what you have written on the caption sticker.

A.  Show your Artwork on screen

B.  Read your Written Story/sentence/word

C.  Allow others to ask you questions about your TREE  =)
Share about...

1. What was your experience doing the Artwork?

2. How does your Artwork reflect about what is important in your Life?

3. Who would you like to share this Artwork with?
Call to Action

1. Reflect
   - What is Living Well?
   - Values and preferences
   - Nominated Healthcare Spokesperson

2. Communicate
   - Loved ones
   - Healthcare Team / GP
   - ACP facilitator

3. Document
   - ACP workbook
   - Official ACP Form
“The activity was reflective and insightful, yet fun at the same time.”

“The workshop has helped me to reflect and paint a picture showing what my life has been, and what I want to be.”

“Painting makes me calm down, enable me to simmer my thoughts.”

“Never thought about it before, but it really helped me to reflect on the overall of being me.”
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Challenges & Opportunities

1. More funding can be directed to community service providers
2. Limits of social gatherings due to COVID-19 safety measures
3. Sustainability of Artwork programme in terms of cost
4. More focus to develop death literacy in schools, businesses and larger community using a public health approach
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