

A photograph of three people (two men and one woman) sitting around a table in a modern office or meeting room, engaged in a discussion. The room has large windows and indoor plants.

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

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:

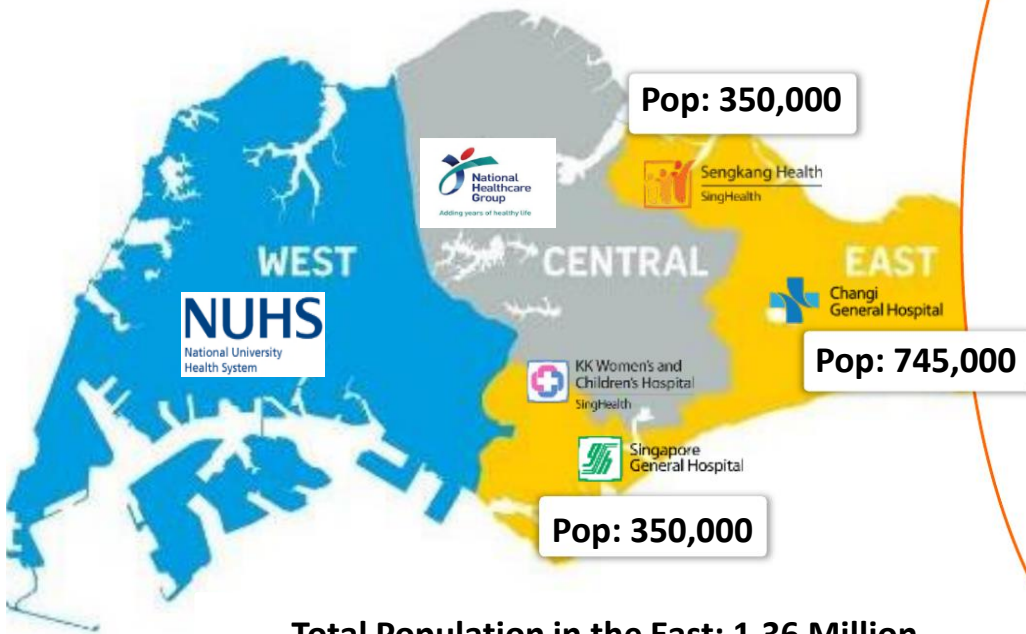


The Story of La Crosse, Wisconsin, US *Gundersen Health System since 1993*

- 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



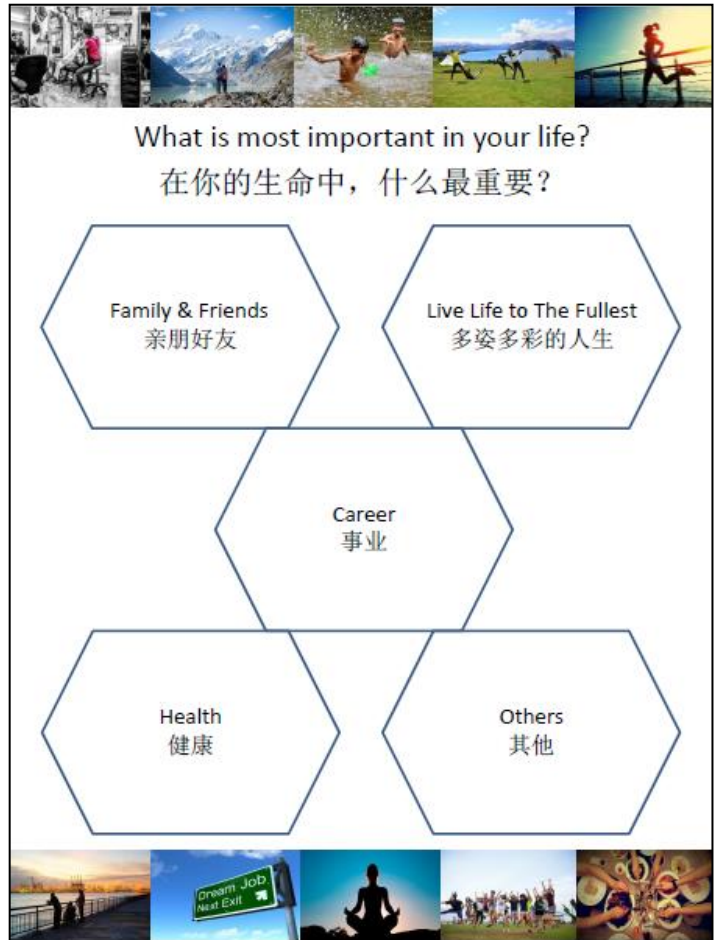
Sample Photo Taken From SingHealth ACP Photo Competition

Bernice Liu Peiyi

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



The graphic is a poster for an ACP booth activity. At the top, there is a row of five small images: a person in a wheelchair, a person on a mountain, a person swimming, a person on a horse, and a person running. Below these images is the question 'What is most important in your life?' in English and Chinese. In the center, there is a diagram of five hexagons arranged in a cross shape. The top-left hexagon is labeled 'Family & Friends' and '亲朋好友'. The top-right hexagon is labeled 'Live Life to The Fullest' and '多姿多彩的人生'. The center hexagon is labeled 'Career' and '事业'. The bottom-left hexagon is labeled 'Health' and '健康'. The bottom-right hexagon is labeled 'Others' and '其他'. At the bottom, there is another row of five small images: a person on a bridge, a sign that says 'Dream Job Next Exit', a person meditating, a group of people, and a person playing a musical instrument.

What is most important in your life?
在你的生命中，什么最重要？

Family & Friends
亲朋好友

Live Life to The Fullest
多姿多彩的人生

Career
事业

Health
健康

Others
其他



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



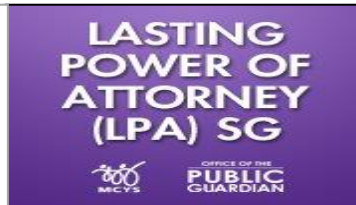


Overview of ACP Artwork Workshop

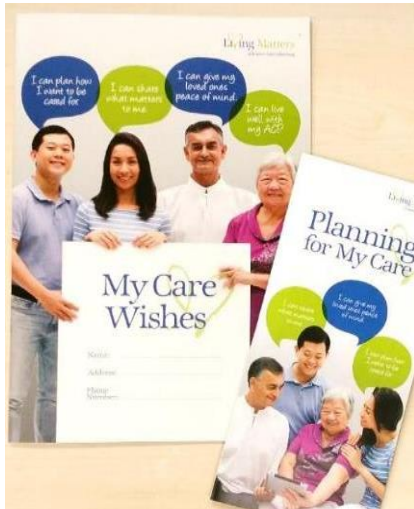
1. Introduction to
Advance Care Planning
2. Reflective **Artwork**
3. Moving from Your
Thoughts to Action

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.”

Learning Points

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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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