

PLAN
WELL

A Novel Decision Aid to
Help Plan for Serious Illness



Efficacy of Plan Well Guide™ Advance Medical Care Planning

BACKGROUND RATIONALE

- The purpose of this randomized trial was to evaluate the efficacy of this novel decision support intervention, the Plan Well Guide™ in increasing the quality and quantity of advance medical care planning.
- Advance medical care planning is a crucial process which helps support decision making and communication about ones values and preferences related to their future medical care. It's about getting the medical care that's right for people with the least stress possible for all stakeholders involved.
- Few people have engaged in advance medical care planning.
- A novel decision aid, Plan Well Guide™, was developed with the express aim of helping patients clarify their authentic values and be truly informed about the medical treatment options in the context of serious illness.
- Enrolled patients were randomized to receive the Plan Well Guide™ delivered by a trained facilitator or usual care.

119 RANDOMIZED PATIENTS
Average Age: 74

+

13 MONTHS
SEP 2017 – OCT 2018
Care Centers: 3

RANDOMIZED TRIAL RESULTS

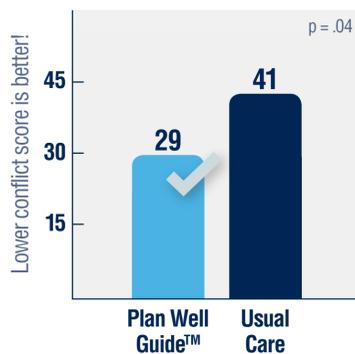
- Post intervention, Goals of Care Designation form completion rates were high in both groups and not different between groups (95% with Plan Well Guide™ versus 91% in usual care $p=0.47$)
- In the Plan Well Guide group, there was a trend to greater concordance between a person's preferences and what was written in their medical order for life-sustaining treatments at their doctor's office (78% vs 66%, RD=12% [95CI, -7% to 30%], $p=0.20$)
- Significantly fewer Plan Well Guide patients were written medical orders for ICU (34%) and CPR compared to usual care (60%) $p=0.006$

MEDICAL ORDERS FOR ICU AND CPR



- Patients in the Plan Well Guide group had lower decisional conflict scores

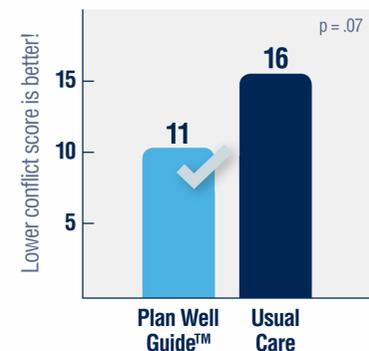
PATIENT DECISIONAL CONFLICT SCORE



- 72% of patients were very satisfied with the Plan Well Guide and 86% of patients said they would definitely or probably recommend the program to others

- Physicians considered Plan Well Guide patients to have lower decisional conflict and spent less time with them compared to usual care patients

PHYSICIAN DECISIONAL CONFLICT SCORE



- Physicians rated their satisfaction with the clinical encounter with Plan Well Guide patients as 'completely' or 'somewhat satisfied' in 86% of cases

CONCLUSION

The decision support aid Plan Well Guide™ seemed to improve some aspects of decisional quality while reducing the physician's time spent with patient.

I Have A Plan!



Get proactive, get prepared, get a plan!

planwellguide.com



CMAJ Open 2020. DOI:10.9778/cmajo.20190179

©Dr. Daren Heyland, 2020