



# STRENGTHENING A PALLIATIVE APPROACH IN LONG-TERM CARE (SPA-LTC) PROJECT

RESEARCH BRIEF

## Whose role is it anyways? Using pamphlets to activate early conversations about end-of-life care in long-term care

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Canadian  
Frailty  
Network

Réseau canadien  
des soins aux  
personnes fragilisées

Known previously as Technology Evaluation in the Elderly Network, TVEN

### BACKGROUND

- The development and the reported usefulness of pamphlets used by staff to help facilitate end-of-life (EOL) conversations with residents and families at long-term care (LTC) homes

### RESEARCH TOPIC

- This study explores the development and use of five condition-specific pamphlets aimed at supporting LTC staffs' capacity to (a) inform residents and families about the trajectory of their primary medical condition and (b) initiate conversations about EOL care

### METHODOLOGY

- First, the research team created educational pamphlets outlining the expectations and trajectories specific to one of five conditions of high prevalence in LTC
- Feedback was collected from ten condition-specific experts, two palliative care experts, and 33 palliative leads to explore the accuracy, readability, and relevance of the pamphlet information. Using refined versions of the pamphlets, data was collected from 178 LTC staff in four participating homes to assess usability and staff comfort

### KEY FINDINGS

- Consultants and experts reported that, overall, the information was accurate and well-described
- 83 out of 105 (79%) staff that had read the final version of the pamphlet suggested that the information was relevant to families and residents
- The barrier of staff discomfort regarding EOL discussions can be addressed by written material on the topic

### CONCLUSION

- Having access to condition-specific pamphlets provides LTC staff with the opportunity to initiate and mediate EOL conversations with residents and their families