

**Results** During the six-month period February to July 2022, the service engaged with 83 participants. End-of-life and ACP conversations were facilitated with 77 (93%) of these clients and 64 (78%) participants progressed their ACP documentation. Fourteen (12%) participants identified as culturally diverse, 5 (4%) self-identified as living with a disability and 2 (2%) reported belonging to the LGBTIQ+ community. Based on these initial positive results, Carers WA has extended the pilot for a further 12 months and additional funding has been provided to employ another ACP Support Officer.

**Conclusion** Findings from the ACP Support Pilot strongly suggest that one-to-one support results in increased ACP discussions and completion of associated documentation. Further research is needed to consolidate initial findings and identify any implications.

**PP04.006** **EXPLORING MORTALITY THROUGH HAPPYURNS: CELEBRATING LIFE AND OVERCOMING THE TABOO OF DEATH**

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The HappyUrns project is an applied research and application project with the primary goals of (1) studying people's difficulty in facing the topic of death and (2) developing approaches to break this taboo and encourage meaningful conversations about end-of-life topics between loved ones and significant others. Based on iterative user studies and design innovation applications, a range of innovative experiences and products were created that allow people to celebrate life with their loved ones while exploring mortality in an open and honest way. Two primary participant groups were engaged as part of this project: residents of nursing homes in Singapore, and a general population in Singapore and other nations representing diversity across age and other demographic factors. Three experience interventions were developed through full implementation and tested with these participant groups: customized urns developed with the elderly or seriously ill, a Life-in-a-Year-Book to encourage meaningful conversations about mortality through journaling and sharing amongst significant others, and a Celebration Kit that includes inspirational prompts suggesting activities that can be done alone or together, map templates to organize these activities into memory lanes so that they can be experienced again even after someone has passed. These intervention designs were iteratively tested over a two-year period with a large sample size of participants. The results were coded using a range of linguistic and semantic representations, resulting in a range of insights. Key findings from the test results demonstrate the potential efficacy and impact such interventions can have on people's lives as they engage meaningfully with mortality in an open manner. Ultimately, these types of tangible designs enable people to broach the topic of death, provide comfort during difficult times, and create lasting memories that will live on after loved ones have passed away.

**PP04.007** **'IF I WERE A TREE' – ENGAGING THE COMMUNITY IN ACP OUTREACH THROUGH ART**

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**Background** Nationally, there are efforts to upstream Advance care planning (ACP) conversation in community through publicity and awareness events. However, there is a need to move beyond raising awareness to encourage call to action in completing one's ACP. This paper showcases an ACP art workshop created by Singapore General Hospital (SGH) ACP Team to engage community residents to learn and complete their ACP.

**Methods** The use of artistic mediums to generate individual's self-awareness and expressions is well-documented in international literature. Therefore, the SGH ACP team, in collaboration with an art-therapist, co-designed an experiential art-based ACP workshop - 'If I were a Tree', to engage community residents on ACP through non-threatening and therapeutic activities. Thereafter, participants are encouraged to complete their ACP. Key components of the workshop include introduction to ACP, artwork activity to generate reflection, group discussion to encourage open conversation, and completing one's ACP. This two-hour workshop is led by two trainers for 20 participants minimally and can be conducted in-person or online. Post-workshop surveys were administered to examine usefulness and consider areas for improvement.

**Results** Since 2019, SGH had organised eight in-person and four online workshops to 407 participants. Through which, 56 participants indicated interest to complete ACP; 13 has completed ACP while the rest deferred due to Covid-19. Total 216 post-workshop surveys were collected. 95% of the respondents shared that the experiential art workshop helped them reflect about living well, while 97% indicated that it is important to talk about ACP.

**Conclusions** The workshop has shown promising results in promoting one's reflection, expression and ACP completion. Online workshop is also effective in engaging participants who are home-bound or felt apprehensive in group activities during COVID-19. Moving forward, the team aims to develop train-the-trainer workshops for community service providers and volunteers to expand the reach of the workshop.

**PP04.008** **PREPARING FOR YOUR FUTURE HEALTHCARE NEEDS: GROUP WORK APPROACH ENGAGING COMMUNITY-DWELLING SENIORS TO DELIBERATE ON LIFE VALUES AND CARE PREFERENCES**

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**Background** Conversations and decision-making regarding healthcare preferences often occur at points of health shocks or medical emergencies can be overwhelming and stressful. Having early discussions regarding what would matter in an event of serious illness can provide clarity on overall goals of care, and better prepare individuals and their families ahead of time. With Singaporeans living longer but spending more

of their twilight years in ill health, there is therefore growing impetus and efforts to bring these important conversations on life and health earlier upstream in the community.

**Methods** A 4-session psychoeducation group programme was conducted with community dwelling seniors. Session content focuses on life values, experiences, care goals and preferences. Pre-planning tools such as ACP were included, and the participation in the programme culminates in the actualisation of ACP.

**Results** 7 runs were conducted across two active ageing centres with a total of 60 community dwelling seniors (mean age 71.6 years old) participating in the programme.

Pre-post self-evaluation highlighted an overall increase in participants' awareness of personal values and preferences, confidence in discussing about future healthcare needs, and knowledge on pre-planning tools. Thematic analysis of participants' qualitative sharing highlighted the following themes: (i) sense of preparedness and control, (ii) discoveries in knowledge and awareness, (iii) contemplations on life/death, and (iv) communicating wishes/preferences. Overall, feedback survey reported that all participants strongly agreed or agreed that the sessions were useful and relevant to plan for their future healthcare needs. 89% of participants who completed the programme had their ACP actualised.

**Conclusion** Community engagement using group work as an approach has shown promising results in promoting early conversations surrounding values, preferences and goals of care. Future plans will focus on scaling up outreach and collaboration with community partners to engage residents in planning for their future healthcare needs.

PP04.009

#### OVERESTIMATING SUCCESS RATES OF CARDIOPULMONARY RESUSCITATION IS ASSOCIATED WITH HIGHER PREFERENCES TO BE RESUSCITATED: EVIDENCE FROM OLDER ADULTS IN SWITZERLAND

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**Background** End-of-life medical decisions regarding life-supporting treatment frequently include questions on cardiopulmonary resuscitation (CPR) preferences, where individuals have to decide whether they would like to be resuscitated in case of cardiac arrest. However, knowledge of CPR survival rates in the general population is low, which may influence individuals' decisions. This study explores the association between knowledge of CPR survival rate and preferences to be resuscitated in case of a cardiac arrest among a representative sample of older adults aged 58+ living in Switzerland.

**Method** We used data from 1,469 respondents from a paper-and-pencil self-completion questionnaire administered as part of wave 8 (2019/2020) of the Survey on Health, Ageing, and Retirement in Europe (SHARE). Respondents' knowledge of CPR survival rate was assessed by using a vignette asking how likely it is in general in Switzerland for a 70-year-old to

survive until hospital discharge from a CPR performed outside of a hospital following a cardiac arrest with four possible answers (very unlikely (0–25%), rather unlikely (26–50%), rather likely (51–75%), and very likely (76–100%). Preferences for CPR were assessed by asking respondents if they would wish to be resuscitated in case of cardiac arrest. The association between these two variables was assessed using a probit regression model, controlling for social, health, and regional characteristics.

**Results** Only 9,3% of respondents selected the right category of answer (very unlikely (0–25%)) regarding the CPR survival rate, and 65,2% wished to be resuscitated in case of a cardiac arrest. Respondents were less likely to want CPR when they correctly estimated the survival rate (AME: 0.18,  $p < 0.001$ ).

**Conclusions** Given the association between knowledge and preference for CPR, overestimating the chances of success may lead individuals to seek this treatment. Thus, reducing misconceptions and knowledge gaps regarding CPR survival rate could change older adults' preferences for CPR.

PP04.010

#### DEVELOPING A VOLUNTEER-LED ADVANCE CARE PLANNING REFERRAL SERVICE FOR HEALTHCARE PROFESSIONALS IN AUSTRALIA

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**Background** The awareness and uptake of advance care planning (ACP) amongst Australians remains low. National surveys assessing community understanding of ACP demonstrate that only 50% have heard of the term, and even less understand it. Although healthcare settings provide the opportunity to have ACP conversations, health practitioners lack the understanding, confidence and time to facilitate these.

**Methods** Following a rapid environmental scan and national consultation, ACPA developed a volunteer-facilitated ACP referral service whereby healthcare practitioners refer their patients for free, personalised and phone-based ACP discussions. Based on an initial needs assessment to determine the patient's current ACP knowledge base, numerous conversations will include information on thinking about values and preferences, how to have ACP conversations with loved ones, and the completion, witnessing and storage of documents if the person chooses this step.

**Results** Since its pilot launch in October 2021, 52 referrals have been made to the program primarily by registered nurses (35%), allied health staff (31%), general practitioners (9%), Aged Care Assessment Team assessors (8%), health administration officers (8%), and 9% from other referral sources. Of the 52 referrals, 13% have completed the program from start to finish, 26% have opted out at various stages within the process, and the remaining 61% are still in progress, as these iterative conversations take time and re-visiting.

Evaluation of the impact of the pilot program is pending, however patient feedback from health practitioners referring patients has been positive.

**Conclusion** Health practitioner utilisation of the referral service for their patients may help to improve the awareness and uptake of ACP conversations, and documentation. Further marketing and promotion of the program is required to provide further reach and impact across Australia.