

Supplementary Table S1: Characteristics of Included studies

Author (Year)	Country	Setting	Participants	Core intervention components	Control	Duration of intervention	Mechanism (how are outcomes achieved?)	Theoretical model	Primary outcome	Main study findings	Factors which may impact results
Brazil et al. (2018) <sup>28</sup>	Northern Ireland	Nursing homes	Family carers of residents with dementia	<p>Information booklet</p> <p>Two family meetings guided by trained nurse facilitator</p> <p>Meeting 1: Contents of the booklet reviewed, family carers assisted to reflect on resident's goals, values, beliefs, and EoL care options</p> <p>Meeting 2: Opportunity to review a draft care plan and to sign a standardized advance care plan document.</p> <p>Advance care plan placed in resident's medical record and sent to the resident's GP.</p>	Usual care	Meetings on average 60 minutes	To help family carers participate in decision making about GoC at the EoL, they need to understand the course of dementia, possible complications and therapeutic options. This reduces decisional uncertainty.	N/A	Family carer uncertainty in decision-making	Reduced	<p>Successful ACP is predicated on the initiation of a health care provider, within a trusting relationship, who recognizes the importance of ACP discussion timing.</p> <p>The presence of carer stress and conflict around making the "right" decision makes the decision making process challenging.</p>
Doorenbos et al. (2016) <sup>29</sup>	United States of America	Academic heart failure clinic	Patients with heart failure	<p><b>Patient intervention:</b> Telephone-based pre-visit coaching by a nurse, including Five Wishes AD</p> <p>One-page patient activation outline</p> <p>Patient activation, skills enhancement, and role playing conversation openers.</p> <p><b>Provider intervention:</b> Receipt of patient activation outline</p> <p>Patient-specific information and communication tips</p>	Regularly scheduled outpatient clinic visits in the HF Clinic	Not stated	The intervention is designed to assist patients and health providers to initiate conversations.	Self-management for chronic conditions model	GoC conversations	Increased in number	<p>Caregivers, who are influential in heart failure care, were not included.</p> <p>Providers had patients participating in both arms and may have become more aware of the need for GoC conversations with all patients.</p>