

Online Supplementary Content

eText. Definition of palliative care provided to survey participants

The World Health Organization defines palliative care as care that is focused on improving quality of life and relieving suffering for patients living with any serious illness and for their families. Palliative care uses a healthcare team approach to provide patients of any age and their families with a support system that can include physical, emotional and spiritual care. Palliative care can be involved early in the course of the patient's illness, not only at the end of a person's life, and together with other medical treatments.

eTable 1. Characteristics of participant sample compared to non-participants and excluded participants

Characteristics	Survey participants N=2422 Number (%)	Non-participants N=1852 Number (%)	p	Eligible participant sample N=1518 Number (%)	Excluded participants					
					Target met ^a N=646 Number (%)	p	Non-completers ^b N=95 Number (%)	p	Speeders ^c N=152 Number (%)	p
Region			<.0001			<.0001		0.34		0.22
British Columbia				182 (12.0)	33 (5.1)		15 (15.8)		23 (15.1)	
West ^d	618 (25.5)	449 (24.2)		271 (17.9)	54 (8.4)		14 (14.7)		26 (17.1)	
Ontario	1050 (43.4)	614 (33.2)		512 (33.7)	435 (67.3)		38 (40.0)		59 (38.8)	
Quebec	449 (18.5)	474 (25.6)		348 (22.9)	48 (7.4)		20 (21.1)		32 (21.1)	
Atlantic ^e	302 (12.5)	315 (17.0)		205 (13.5)	76 (11.8)		8 (8.4)		12 (7.9)	
Residing outside of Canada	3 (0.1)	0								
Age			<.0001			<.0001		0.96		<.0001
Under 18	8 (0.3)	0								
18-24	191 (7.9)	56 (3.0)		143 (9.4)	10 (1.6)		9 (9.7)		29 (19.1)	
25-34	399 (16.5)	201 (10.9)		268 (17.7)	66 (10.2)		19 (20.4)		46 (30.3)	
35-44	489 (20.2)	318 (17.2)		280 (18.4)	145 (22.5)		14 (15.1)		50 (32.9)	
45-54	383 (15.8)	319 (17.2)		284 (18.7)	69 (10.7)		18 (19.4)		12 (7.9)	
55-64	447 (18.5)	389 (21.0)		278 (18.3)	143 (22.1)		13 (14.0)		13 (8.6)	
65+	500 (20.6)	569 (30.7)		265 (17.5)	213 (34.0)		20 (21.5)		2 (1.3)	
Missing	5	0		0			2		0	
Gender			0.13			0.03		0.66		0.002
Male	1137 (47.2)	846 (45.7)		722 (47.6)	276 (42.7)		40 (44.0)		99 (65.1)	
Female	1264 (52.5)	1006 (54.3)		790 (52.0)	370 (57.3)		51 (56.0)		53 (34.9)	
Other	4 (0.2)	0		4 (0.3)	0		0		0	
Prefer not to answer	2 (0.1)	0		2 (0.1)	0		0		0	
Missing	15	0		0	0		4		0	

^a Participants who exceeded the set targets for age, gender, and region according to Statistics Canada data and were subsequently excluded

^b Participants who did not complete the last page of the survey

^c Participants with a survey completion time of less than 50% of the median

^d West includes British Columbia, Alberta, Saskatchewan, and Manitoba for the comparison between n=2422 participants and n=1852 non-participants; West excludes British Columbia for the comparison of n=1518 eligible participants vs excluded participants.

^e Atlantic region includes New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland and Labrador.

Table 2. Demographic characteristics according to actual knowledge of palliative care (n=1518)

Respondent characteristics	Actual knowledge of WHO definition of palliative care ^a		p
	Number (weighted %) [95% CI]		
	High N=532	Low N=986	
Age, years			<.0001
18 – 24	29 (6.4) [4.1-8.6]	114 (14.3) [11.8-16.7]	
25 – 34	82 (14.9) [11.9-18.0]	186 (18.4) [16.0-20.9]	
35 – 44	93 (16.2) [13.0-19.3]	187 (17.5) [15.1-19.8]	
45 – 54	101 (19.3) [15.8-22.8]	183 (18.5) [16.0-20.9]	
55 – 64	127 (24.2) [20.5-28.0]	151 (15.3) [13.0-17.6]	
>= 65	100 (19.0) [15.6-22.5]	165 (16.1) [13.8-18.4]	
Gender			0.81
Male	254 (48.9) [44.5-53.2]	468 (49.0) [45.7-52.2]	
Female	276 (50.8) [46.4-55.1]	514 (50.8) [47.6-54.1]	
Non-binary	2 (0.4) [0-0.9]	2 (0.2) [0-0.5]	
Highest level of education			0.39
High school or less	118 (22.6) [18.9-26.3]	233 (23.7) [21.0-26.5]	
College/ Technical degree	226 (43.1) [38.8-47.5]	382 (39.4) [36.2-42.5]	
University/Graduate/ Professional degree	182 (34.3) [30.1-38.4]	360 (36.9) [33.8-40.0]	
Marital status			0.03
Married/ Common law	297 (55.9) [51.5-60.2]	503 (50.0) [46.8-53.2]	
Other ^b	231 (44.1) [39.8-48.5]	478 (50.0) [46.8-53.2]	
Household income, CAD\$			0.01
< 25,000	77 (15.5) [12.2-18.7]	156 (17.6) [15.0-20.2]	
25,000 - 49,999	116 (23.1) [19.3-26.9]	240 (26.8) [23.8-29.8]	
50,000 - 74,999	101 (20.8) [17.1-24.5]	177 (20.2) [17.5-22.9]	
75,000 – 99,999	76 (15.1) [11.9-18.3]	127 (14.7) [12.3-17.1]	
100,000 – 149,999	79 (15.3) [12.1-18.5]	132 (14.7) [12.3-17.1]	
>= 150,000	48 (10.2) [7.5-13.0]	51 (5.9) [4.3-7.5]	
Employment			0.0006
Employed/Self-employed	305 (57.0) [52.7-61.4]	542 (55.6) [52.4-58.9]	
Retired/Semi-retired	140 (27.0) [23.1-31.0]	203 (20.5) [17.9-23.1]	
Student	15 (3.2) [1.6-4.8]	50 (6.5) [4.8-8.3]	
Homemaker/on disability/ Unemployed	67(12.7) [9.8-15.7]	172 (17.3) [14.9-19.8]	
Ethnic background			0.16

	European origins	352 (68.7) [64.5-72.8]	608 (64.9) [61.7-68.1]	
	Other ^c	155 (31.3) [27.2-35.5]	315 (35.1) [31.9-38.3]	
Religion				0.052
	Christianity	288 (57.5) [53.1-62.0]	487 (51.5) [48.2-54.7]	
	Other religions ^d	41 (8.1) [5.7-10.5]	98 (11.1) [9.0-13.3]	
	No religion	175 (34.3) [30.1-38.6]	352 (37.4) [34.2-40.6]	
Region				0.51
	British Columbia	61 (12.0) [9.2-14.9]	121 (13.0) [10.8-15.2]	
	Ontario	166 (36.2) [31.9-40.5]	346 (39.3) [36.1-42.4]	
	Quebec	130 (25.5) [21.6-29.3]	218 (22.4) [19.7-25.0]	
	West (except British Columbia) ^e	94 (18.6) [15.2-22.0]	177 (18.7) [16.2-21.2]	
	Atlantic ^f	81 (7.7) [6.0-9.4]	124 (6.6) [5.4-7.8]	
Born in Canada				0.09
	Yes	445 (83.2) [79.9-86.5]	790 (79.6) [77.0-82.2]	
	No	84 (16.8) [13.5-20.1]	191 (20.4) [17.8-23.0]	
Years living in Canada (N=275)				0.0007
	0-10	14 (15.2) [7.4-22.9]	62 (34.0) [27.0-41.1]	
	11-20	11 (13.7) [6.0-21.3]	35 (19.8) [13.8-25.8]	
	21-30	13 (16.0) [7.8-24.1]	33 (17.5) [12.0-23.0]	
	31-40	13 (15.7) [7.6-23.7]	17 (8.7) [4.6-12.7]	
	> 40	32 (39.6) [28.6-50.5]	39 (20.0) [14.2-25.9]	
Healthcare professional				<.0001
	Yes	68 (12.3) [9.5-15.2]	61 (6.2) [4.7-7.8]	
	No	464 (87.7) [84.8-90.5]	925 (93.8) [92.2-95.3]	
Live with a healthcare professional				0.65
	Yes	39 (7.7) [5.3-10.1]	66 (7.0) [5.3-8.7]	
	No	493 (92.3) [89.9-94.7]	920 (93.0) [91.3-94.7]	
Participant or loved one diagnosed with a serious or life-threatening illness				0.38
	Yes	300 (57.8) [53.4-62.2]	527 (55.4) [52.1-58.6]	
	No	223 (42.2) [37.8-46.5]	423 (44.6) [41.4-47.9]	
Main source of information about palliative care (N=1362)				<.0001
	Friends, family, colleagues	202 (40.6) [36.1-45.1]	312 (42.7) [38.9-46.4]	
	Healthcare professional/MD	181 (37.5) [33.0-41.9]	178 (25.5) [22.2-28.8]	
	Traditional media	53 (11.1) [8.2-14.0]	137 (19.1) [16.2-22.1]	
	Social media	10 (2.2) [0.9-3.6]	22 (3.4) [2.0-4.9]	
	Social services/ Agencies/ Programs	24 (5.0) [3.0-7.0]	35 (4.9) [3.3-6.5]	
	Other ^g	18 (3.5) [1.9-5.2]	30 (4.4) [2.8-5.9]	

^a High actual knowledge of WHO palliative care definition: “Yes, I knew this” to at least 5/8 components, including that palliative care “can be provided with other medical treatments aimed at prolonging life” and that palliative care “can be provided early in the course of illness”; the remainder were classified as having low actual knowledge.

^b Other marital status includes single, separated, divorced, widowed/widower

^c Other ethnic backgrounds include African, Asian/Pacific Island, Latin American, Middle Eastern, North American Aboriginal, other not specified

^d Other religions include Buddhism, Hinduism, Judaism, Islam, Sikhism, other not specified

^e West includes Alberta, Saskatchewan, and Manitoba.

^f Atlantic region includes New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland and Labrador. ^g Other main sources include insurance company, politicians, religious leaders at place of worship, other not specified.

Number missing or preferred not to answer: Gender 2, Education 17, Marital status 9, Household income 138, Employment 24, Ethnic background 88, Religion 77, Born in Canada 8, Participant or loved one diagnosed with a serious or life-threatening illness 45, Participant or loved one diagnosed with a serious or life-threatening illness 45, Main source of information about palliative care 160.

Abbreviations: CI, confidence interval; WHO, World Health Organization

eFigure: Study flow diagram