

Advance Care Planning Engagement in a Multi-cultural Faith-based Community of largely Latinx origin

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Background: Advance care planning (ACP) involves documenting healthcare decisions and reflecting on values, many of which are informed by spiritual beliefs. However, complex ACP documents are challenging to complete without guidance or education. ACP forms are often left untouched until urgent healthcare crises force people to make healthcare decisions, particularly within underserved, minority populations. A literature review promotes early ACP discussions with healthcare providers but notes the barriers of limited time with patients and lack of confidence in ACP communication skills with diverse cultural and spiritual populations.

Aim Statement: This quality improvement project's purpose is to engage a largely multi-cultural faith-based community in ACP through an educational group presentation and discussion. A secondary goal is to improve participants' readiness and confidence to engage with and complete ACP documents.

Methods: A one-hour ACP session was presented in English and Spanish by a bilingual nurse at a local Catholic church, a Children's Hospital meeting, and via Zoom to a local Latinx community. Participants were surveyed using the ACP-4 Engagement Survey to determine readiness and comfort in completing and discussing ACP.

Results: Of 104 participants, 40% completed a post-survey (16% English speaking, 83% Spanish speaking). A majority say they will make decisions in the next 6 months: 35% are ready to assign a medical decision maker, 50% are ready to talk about the medical care they want, 45% are ready to speak with their doctor, and 45% are ready to sign documents.

Conclusions and Implications: Brief education and discussion sessions facilitated by someone from the same cultural/spiritual community help empower and encourage ongoing community-based ACP dialogue. These conversations enhance participants' confidence and readiness to engage with and complete ACP documents.