

EU PACE project

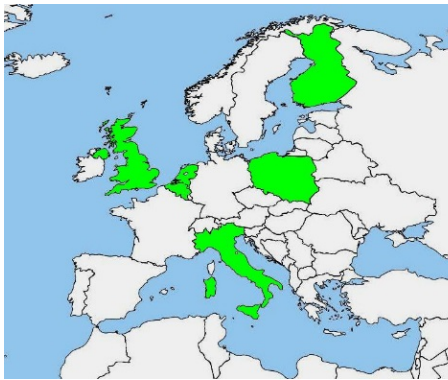
Pace Steps to Success



prof Lieve Van den Block

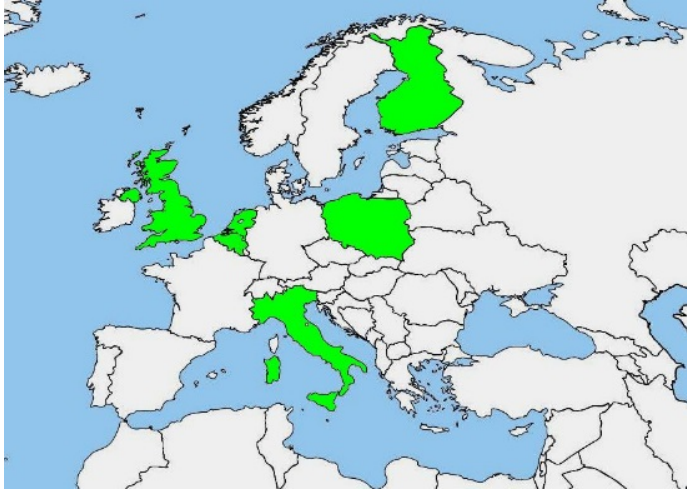
lvdblock@vub.be
www.eupace.eu

6 country
descriptive study
of dying in LTCFs



7 country cluster RCT
PACE Steps to Success
with process evaluation





2015

322 representative LTCFs

1701 deceased residents

2275 staff members

Complex **populations**
with unaddressed needs

Complex **settings** with
lower educated
personnel and
insufficient palliative
care competences

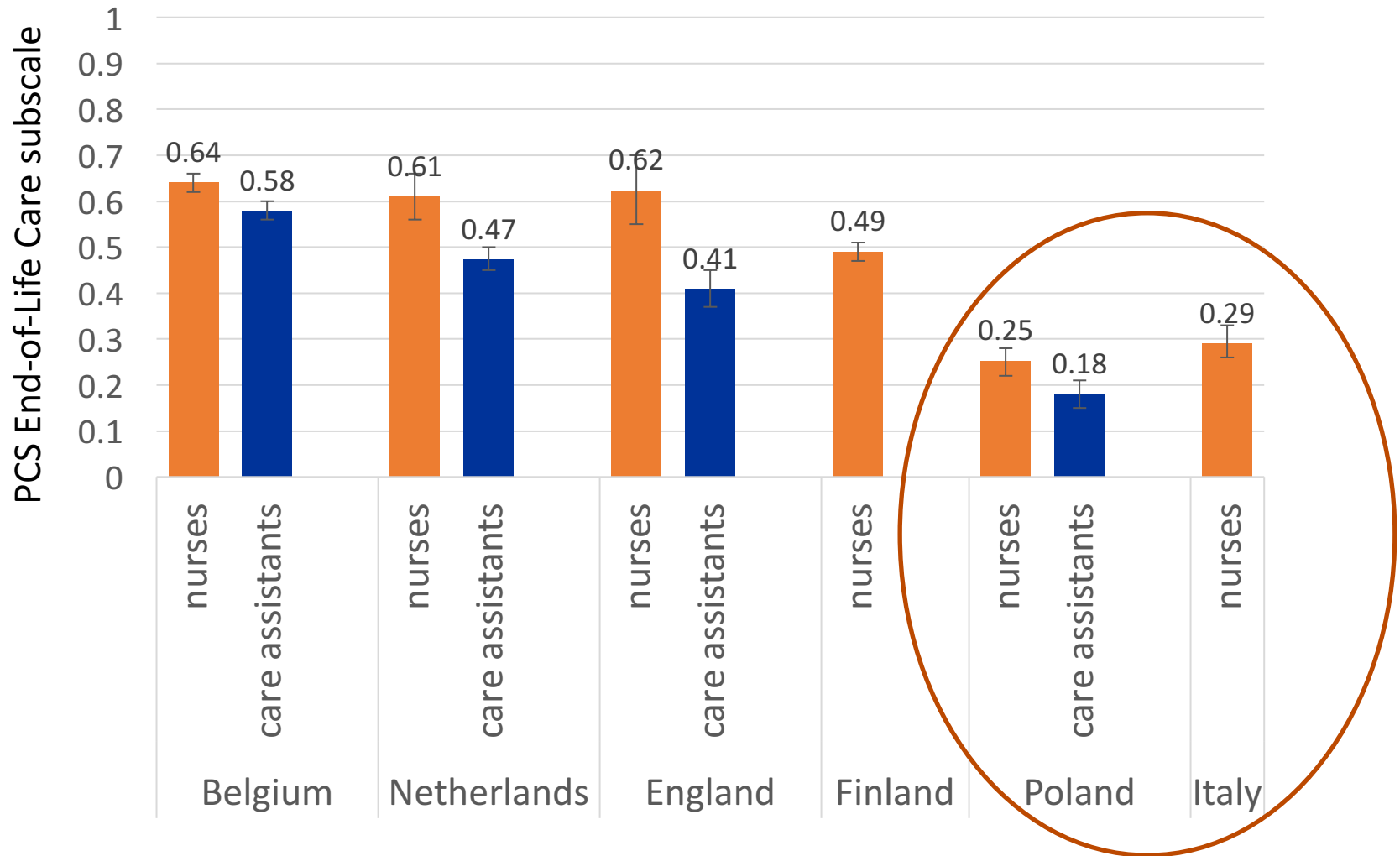
median **length of stay** from 5 months
(Poland) to 25 months (in Belgium)

between 58% (England) and 83% (Finland) of deceased residents had **dementia** and roughly half of these in an advanced stage

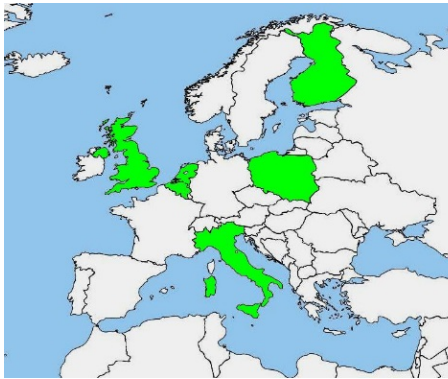
between 52% (England) and
90% (Finland) of deceased residents
experienced **pain** in the
last week of life

Palliative Care knowledge

higher mean scores (0 to 1) = better knowledge



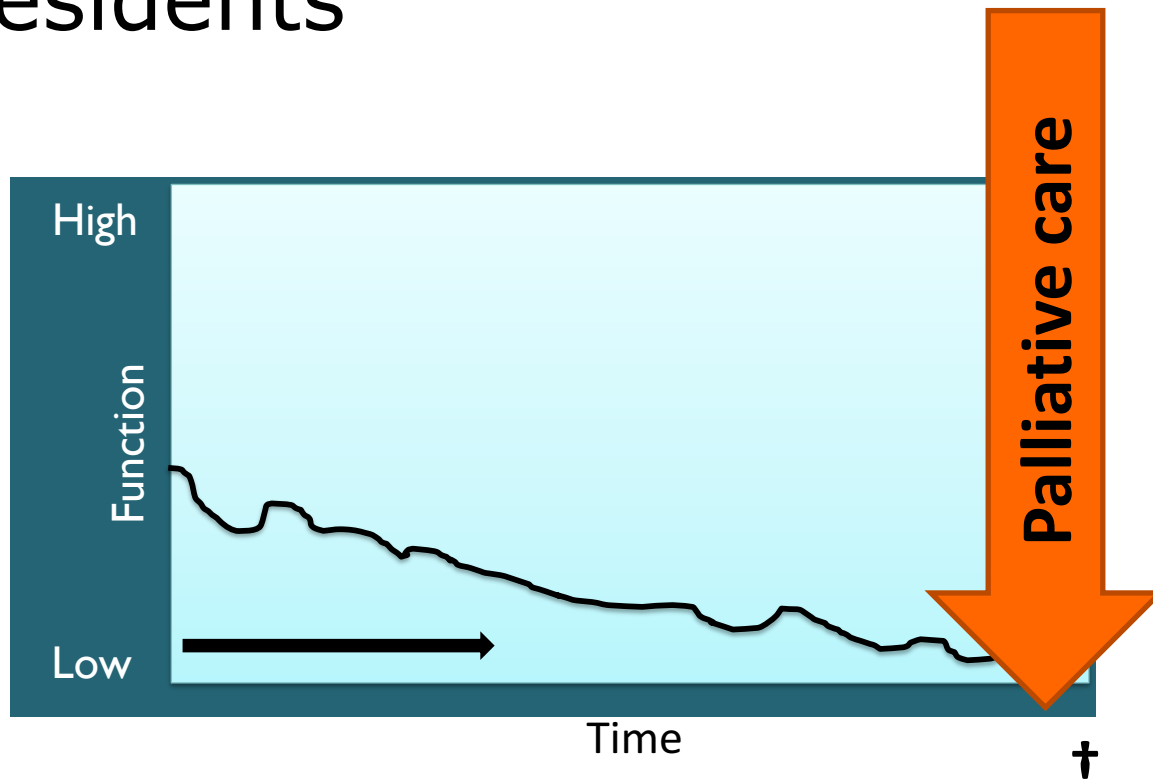
6 country
descriptive study
of dying in LTCFs



7 country cluster RCT
PACE Steps to Success
with process evaluation

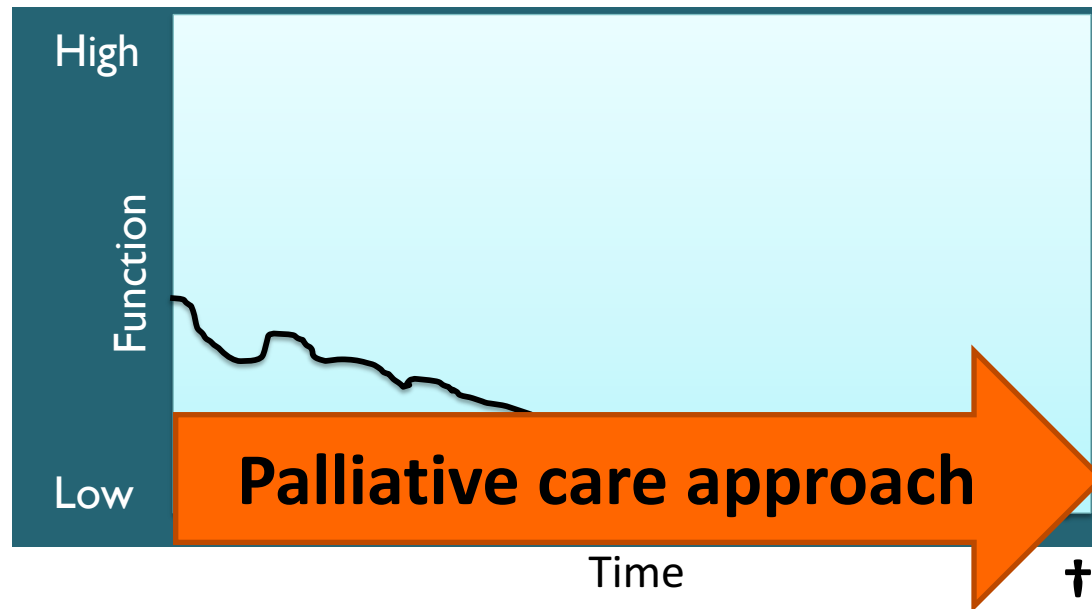


Old model of palliative care not suitable for population of LTCF residents



Frailty and dementia trajectory

New model of palliative care:
Early integration, alongside
life-prolonging treatments
Preferred culture in LTCFs



6 steps programme



External trainers

PACE
coordinators in
the facilities

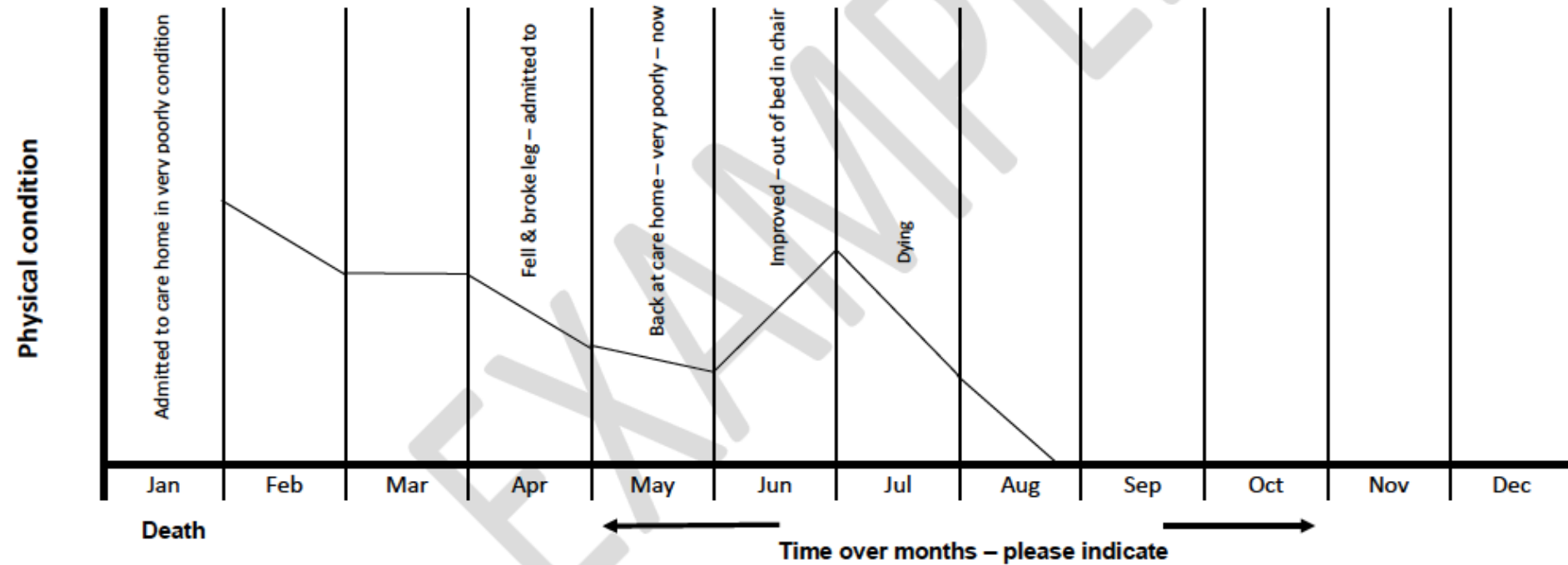
One year
implementation:
6 steps with
tools

General palliative care in PACE Steps to success programme

1. Advance care planning
2. Mapping changes in physical condition to anticipate dying better

Monthly mapping changes in condition chart

Fit and well



General palliative care in PACE Steps to success programme

1. Advance care planning
2. Mapping changes in physical condition to anticipate dying better
3. Palliative care register to be used during monthly multidisciplinary meeting, involving staff and GPs

General palliative care in PACE Steps to success programme

1. Advance care planning
2. Mapping changes in physical condition to anticipate dying better
3. Palliative care register to be used during monthly multidisciplinary meeting, involving staff and GPs
4. Screening of pain and depression (PAIN-AD, Geriatric Depression Scale, Cornell for dementia)

General palliative care in PACE Steps to success programme

1. Advance care planning
2. Mapping changes in physical condition to anticipate dying better
3. Palliative care register to be used during monthly multidisciplinary meeting, involving staff and GPs
4. Screening of pain and depression (PAIN-AD, Geriatric Depression Scale, Cornell for dementia)
5. Checklist last days of life
6. Reflective debriefing after death

Cluster RCT in 7 countries 2016-2017

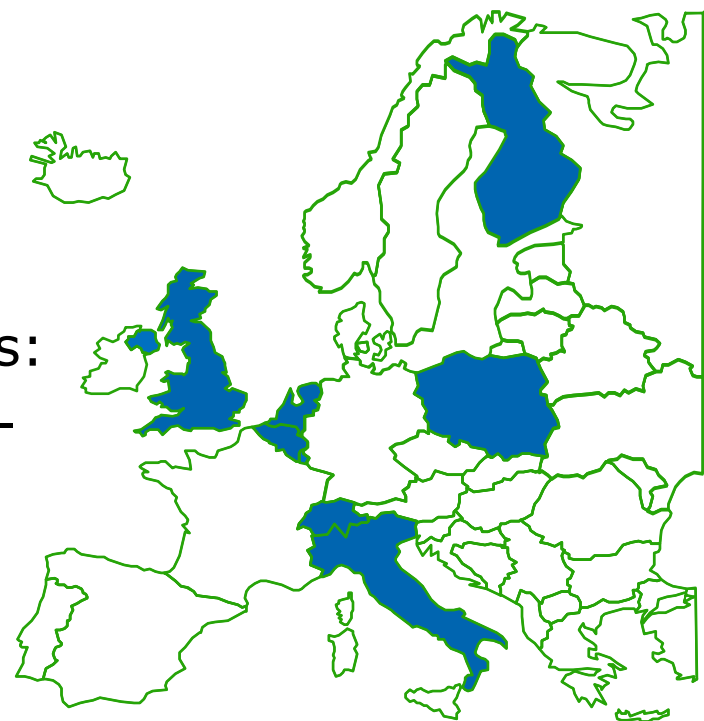
BE, NL, ENG, PL, FI, IT, Switzerland

80 facilities randomized

Outcome, process, cost
evaluation

By implementing PACE Steps to Success:

- is quality of dying and quality of end-of-life care of **residents** improved?
- is **staff** knowledge of palliative care improved compared to a control group?



80 facilities
recruited

Baseline measurement month 0:
deceased residents and staff

38 Intervention group

37 Control group

5
drop
outs

Post intervention measurement month 13 and
month 17: deceased residents and staff

Staff knowledge of end-of-life care
slightly improved (PC survey subscale)

Results forthcoming

Resident outcomes judged by staff
Quality of care in last month of life as
judged by staff improved (QOD-LTC)

Results forthcoming

Symptoms last week of life CAD-EOLD

Results forthcoming

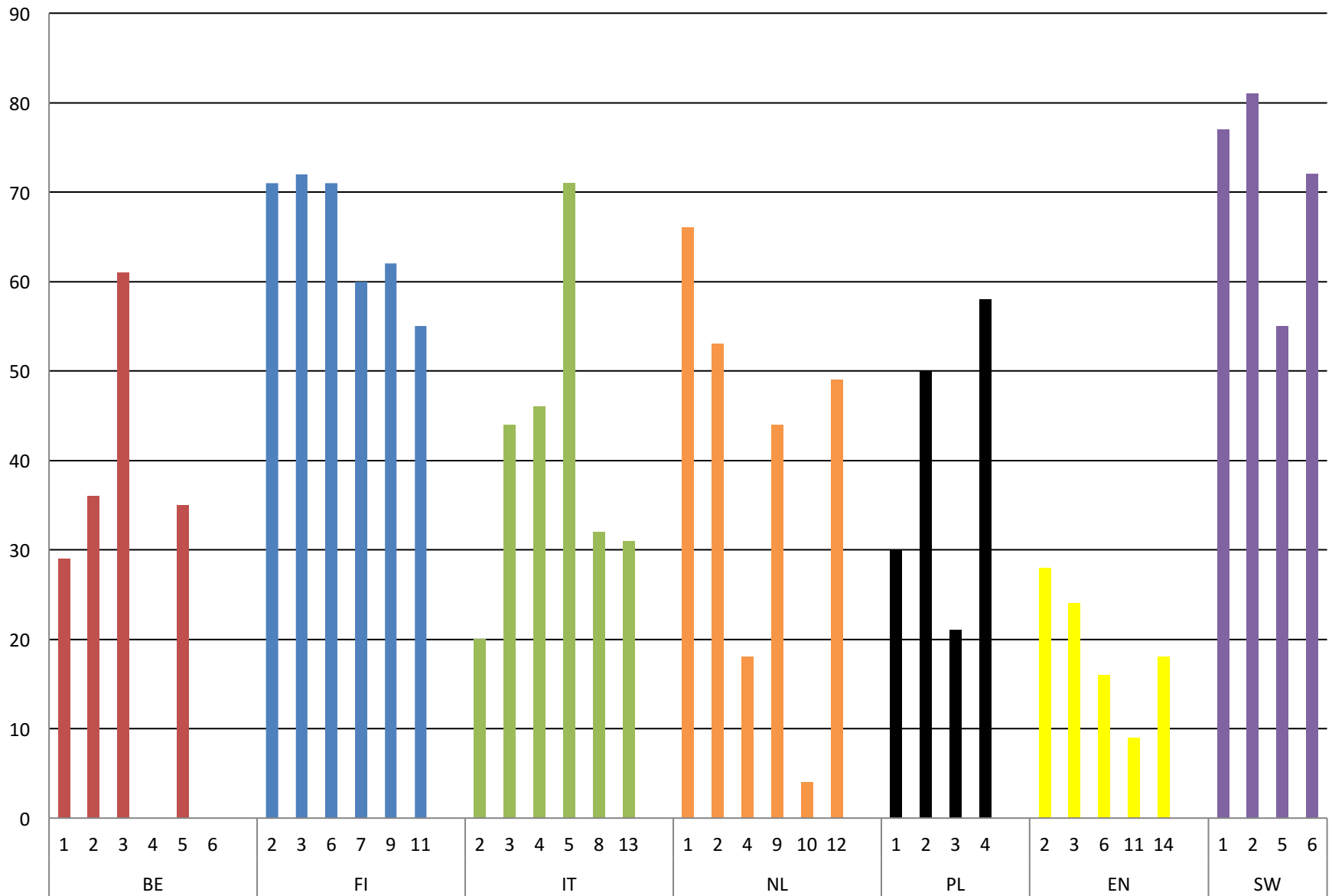
Process evaluation



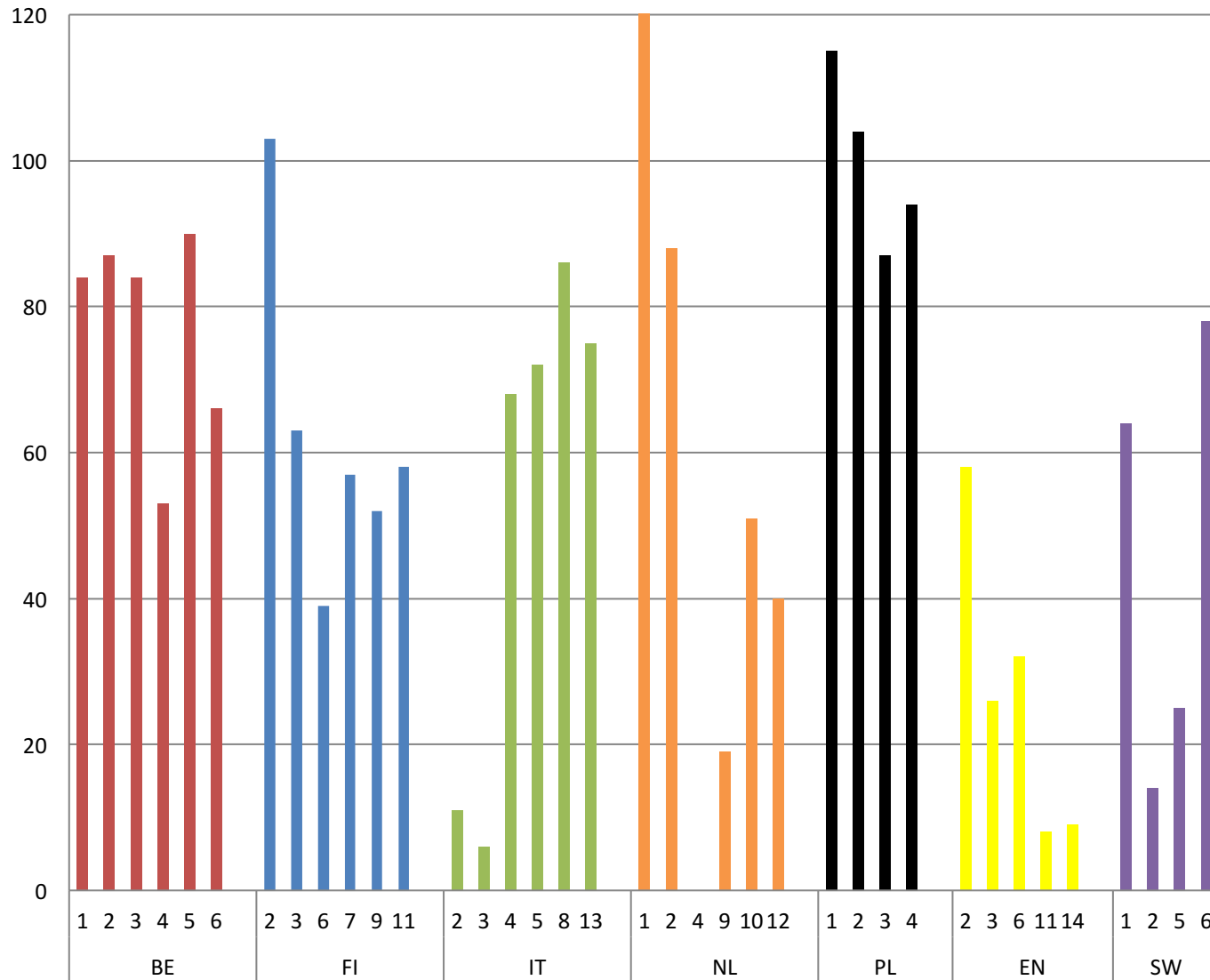
- Diaries
- Attendance lists
- Nursing home files review
- Evaluation questionnaires
- Interviews

7 country implementation of PACE
Steps to Success in 78 LTCFs was
very challenging and highly variable

Mean % of staff present at the trainings



n° of residents with ACP documents / n° of beds



Key recommendations for PACE Steps to Success

Stepwise implementation with facilitation of experienced **trainers**

Selection and training of key **PACE coordinators** within the facility

Active **management** support

Continuous training, evaluation & monitoring

Tailoring intervention to local context and **flexibility** to adapt (timing/content of) intervention to changes in context

Specialist palliative care services accessible

English, Dutch, Polish, Finnish, Italian

<http://www.eapcnet.eu/>



PACE Steps to Success Programme

**Steps towards achieving high quality palliative care
in your care home**

Information Pack

Join us on our free Massive, Open, Online Course (MOOC)



Improving palliative care in care homes for older people

Are you interested in improving the care for older people living and dying in nursing homes?

Do you want to ensure that they have the best possible quality of life and quality of death?

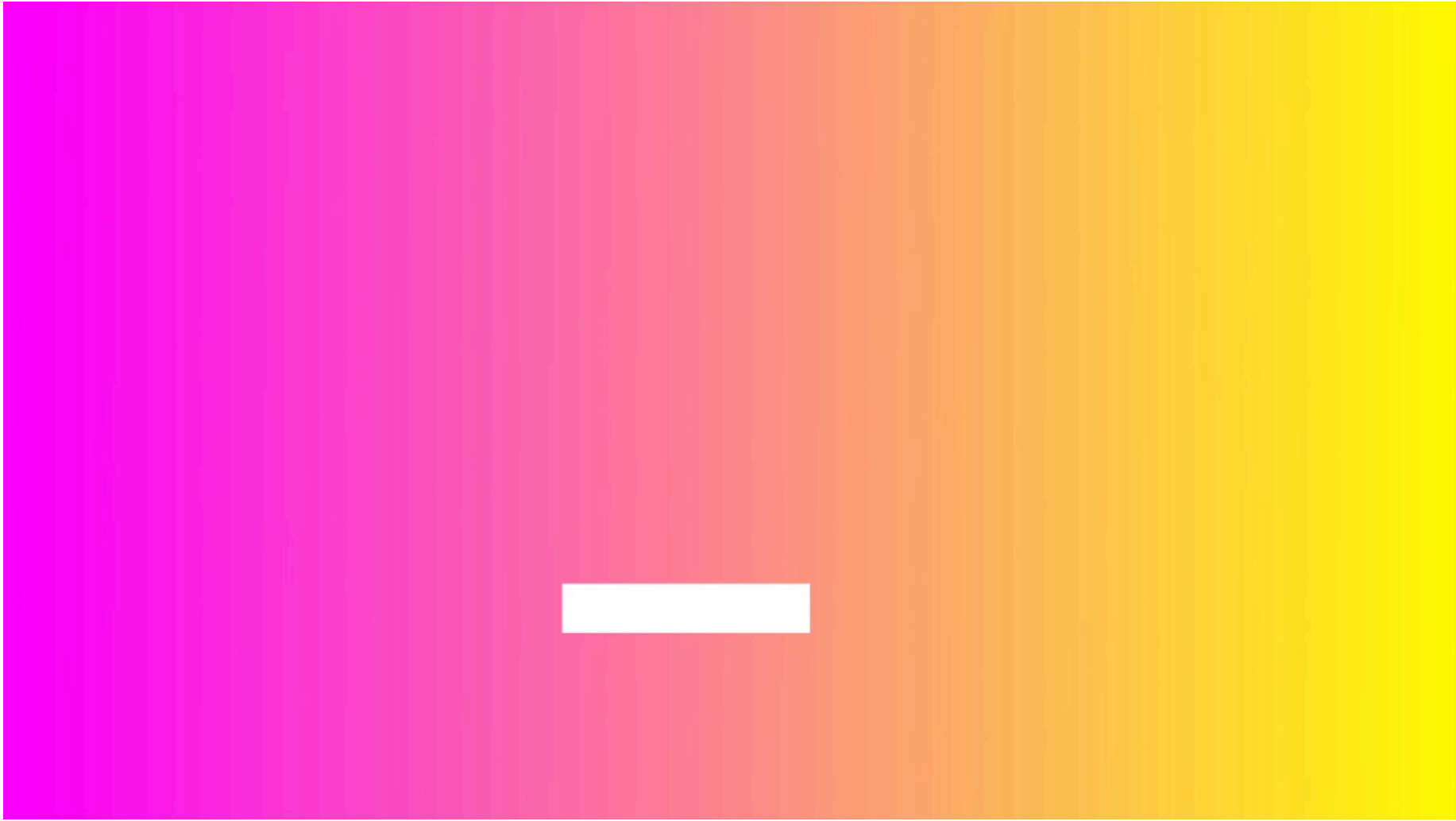
If so, then this course is for you.

**A Free Online Course
starting 1st April 2019**



More information:

<https://www.futurelearn.com/courses/palliative-care-in-care-homes/>



www.eupace.eu

lvdblock@vub.be

Acknowledged



This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement no. 603111.