

# Developing and implementing interventions to improve palliative care in long-term care facilities: outcomes of the EAPC's White Paper

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On behalf of the PACE Consortium

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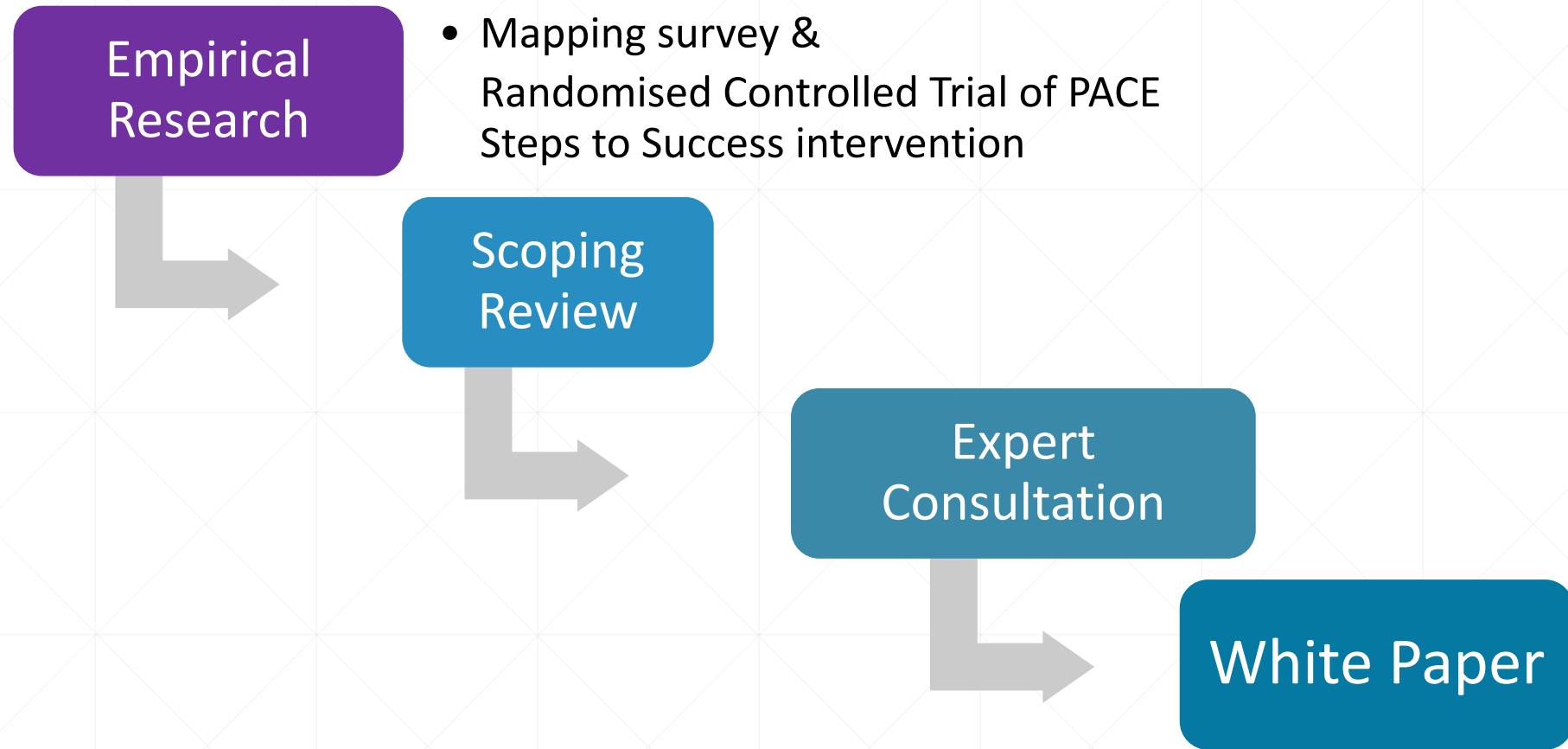


# European Association of Palliative Care White Paper

## Aims

1. To describe core issues impacting upon the implementation of palliative care into LTCFs
  2. To provide recommendations for the integration of a palliative care approach in LTCFs addressing implementation processes
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# Methods





JAMDA

journal homepage: [www.jamda.com](http://www.jamda.com)

## Original Study

## Palliative Care Development in European Care Homes and Nursing Homes: Application of a Typology of Implementation

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**Keywords:**  
Palliative care  
care homes  
nursing homes  
implementation  
education  
Europe

## A B S T R A C T

**Background:** The provision of institutional long-term care for older people varies across Europe reflecting different models of health care delivery. Care for dying residents requires integration of palliative care into current care work, but little is known internationally of the different ways in which palliative care is being implemented in the care home setting.

**Objectives:** To identify and classify, using a new typology, the variety of different strategic, operational, and organizational activities related to palliative care implementation in care homes across Europe.

**Design and methods:** We undertook a mapping exercise in 29 European countries, using 2 methods of data collection: (1) a survey of country informants, and (2) a review of data from publicly available secondary data sources and published research. Through a descriptive and thematic analysis of the survey data, we identified factors that contribute to the development and implementation of palliative

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<https://doi.org/10.1186/s12904-018-0297-1>

BMC Palliative Care

## STUDY PROTOCOL

## Open Access



# Integrating palliative care in long-term care facilities across Europe (PACE): protocol of a cluster randomized controlled trial of the 'PACE Steps to Success' intervention in seven countries

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## Abstract

**Background:** Several studies have highlighted the need for improvement in palliative care delivered to older people long-term care facilities. However, the available evidence on how to improve palliative care in these settings is weak, especially in Europe. We describe the protocol of the PACE trial aimed to 1) evaluate the effectiveness and cost-effectiveness of the 'PACE Steps to Success' palliative care intervention for older people in long-term care facilities, and 2) assess the implementation process and identify facilitators and barriers for implementation in different countries.

**Methods:** We will conduct a multi-facility cluster randomised controlled trial in Belgium, Finland, Italy, the Netherlands, Poland, Switzerland and England. In total, 72 facilities will be randomized to receive the 'Pace Steps to Success





# Scoping Review

**Context:** educational and organisational interventions used to improve palliative care in long term care facilities

## Aim

- To identify implementation strategies and processes
- To identify facilitators and barriers to implementation of interventions

# Review Methods

## Results

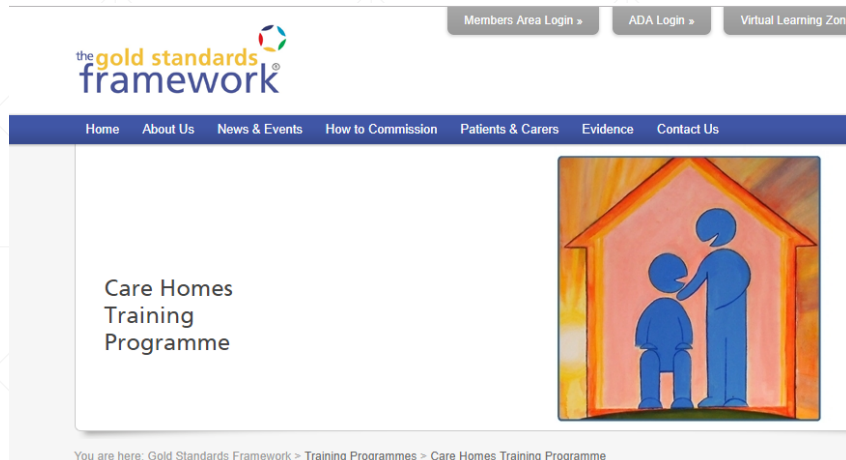
73 papers about  
62 studies





# Types of Interventions

- Predefined, multi-component (18)
- Staff focused (education) (21)
- Resident focused eg Advance Care Planning (9)
- Other (14) – e.g. care pathways, action research



Speak Up: Start the conversation  
about end-of-life care



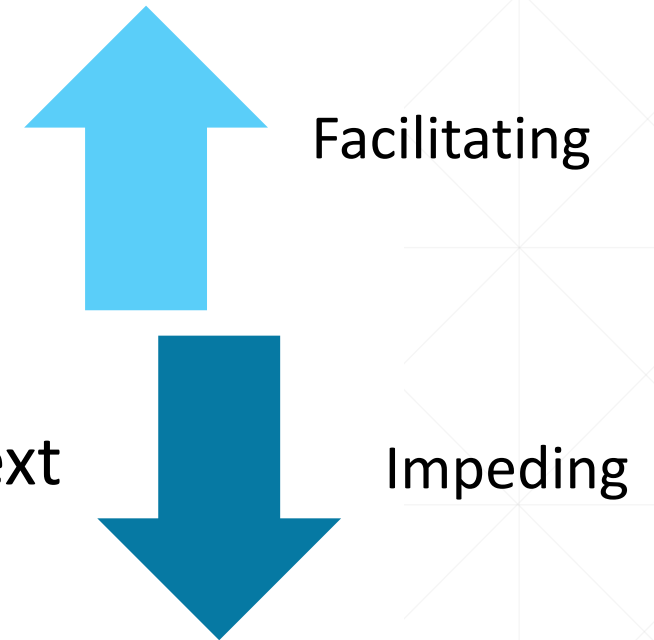
# Intervention characteristics

- **Target audience:**  
LTCF staff/ external staff/residents/ relatives
- **Type of training and education:**  
Face to face/ online
- **Source of facilitation:**
  - External/internal/both
- **Wider engagement with health system:**  
for delivery, support, awareness



# Factors shaping intervention implementation

1. Level of recognition of palliative care within the care home
  2. Support from care home management
  3. Awareness among stakeholders
  4. Flexibility in implementation
  5. Appropriate facilitation
  6. Adoption of a 'whole home' approach
  7. Location of intervention within current care context
  8. Opportunities for practice and reflection
  9. Ways to integrate into routine practice
- 



Recognition of palliative care within the care home

Support from care home management

Awareness among stakeholders

Flexibility in implementation

Appropriate facilitation

Adoption of a 'whole home' approach

Location of intervention within current care context

Opportunities for practice and reflection

Ways to integrate into routine practice

Getting started

Delivering the  
intervention

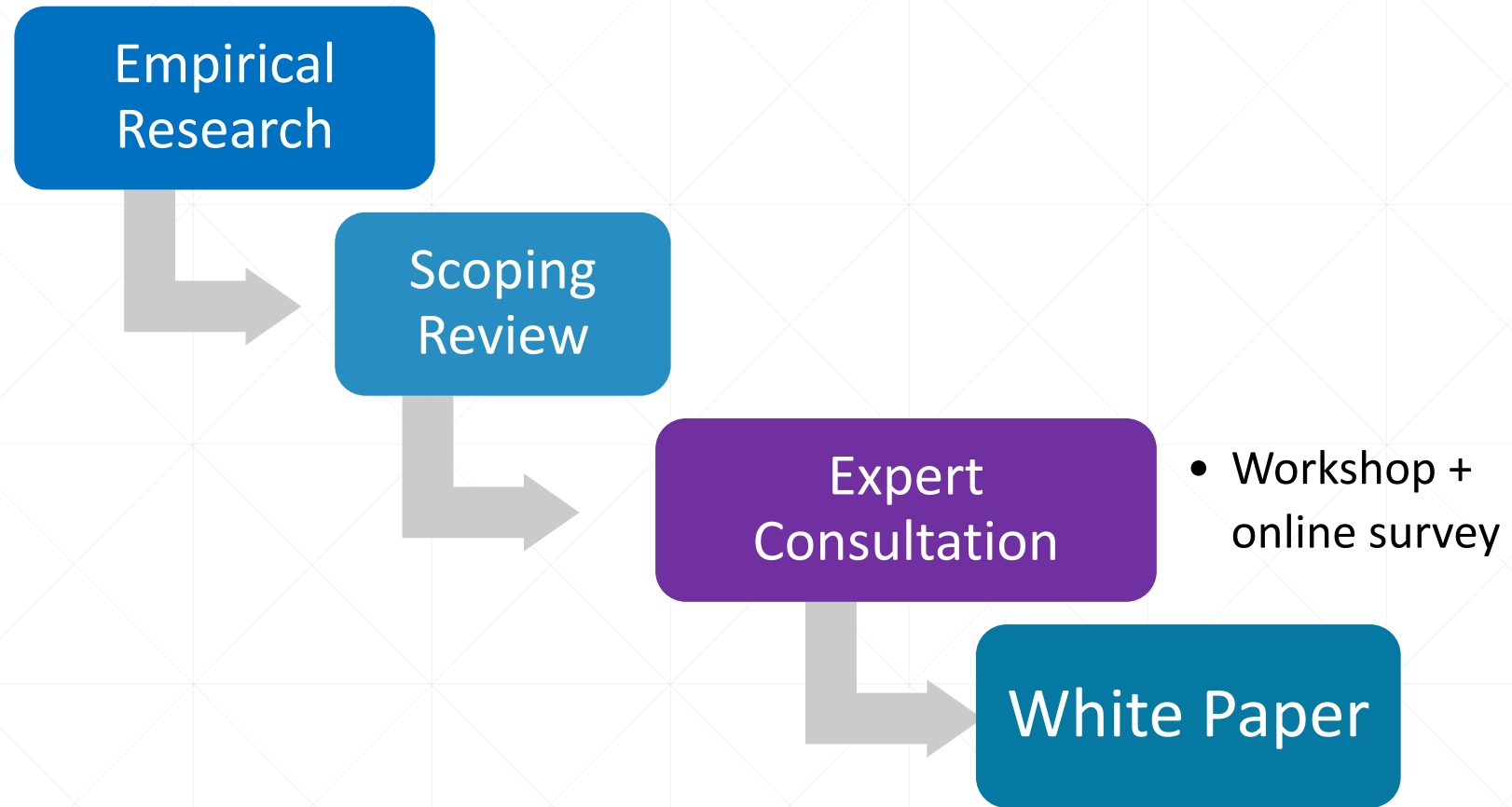
Keeping it going

# Drafting recommendations

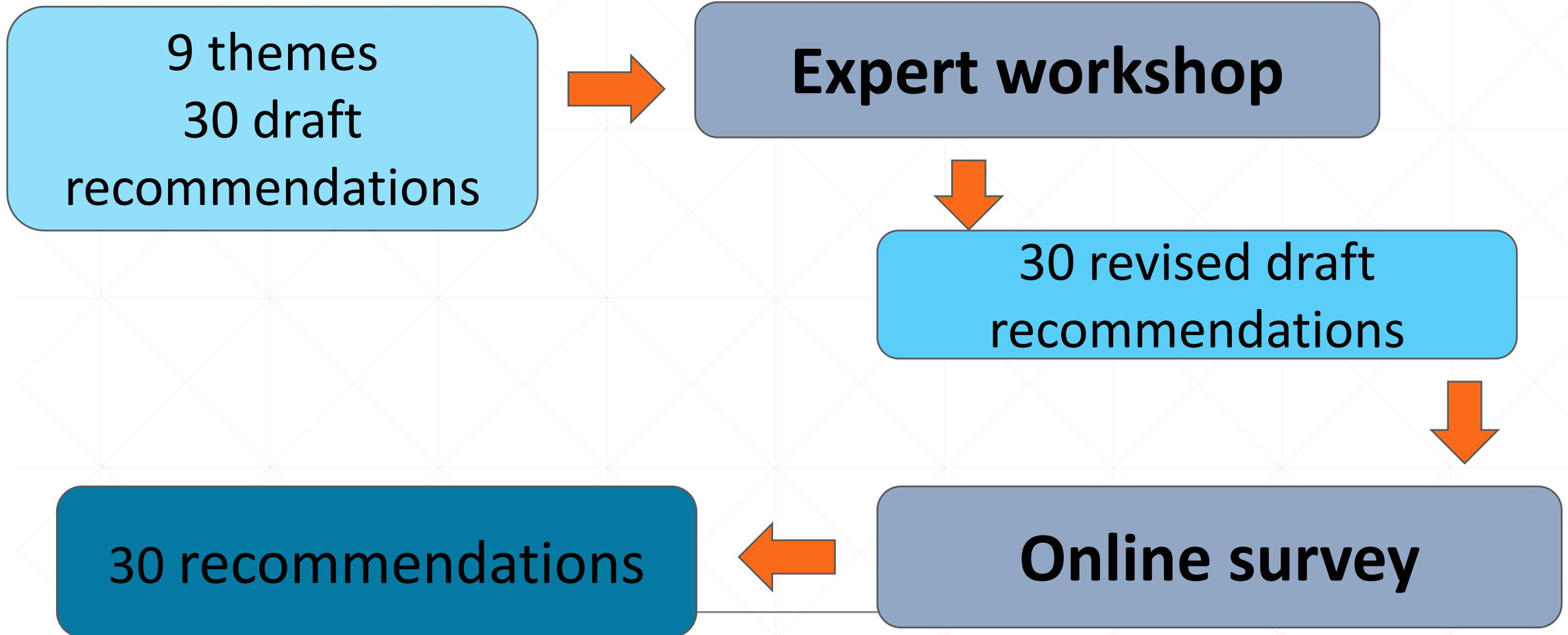
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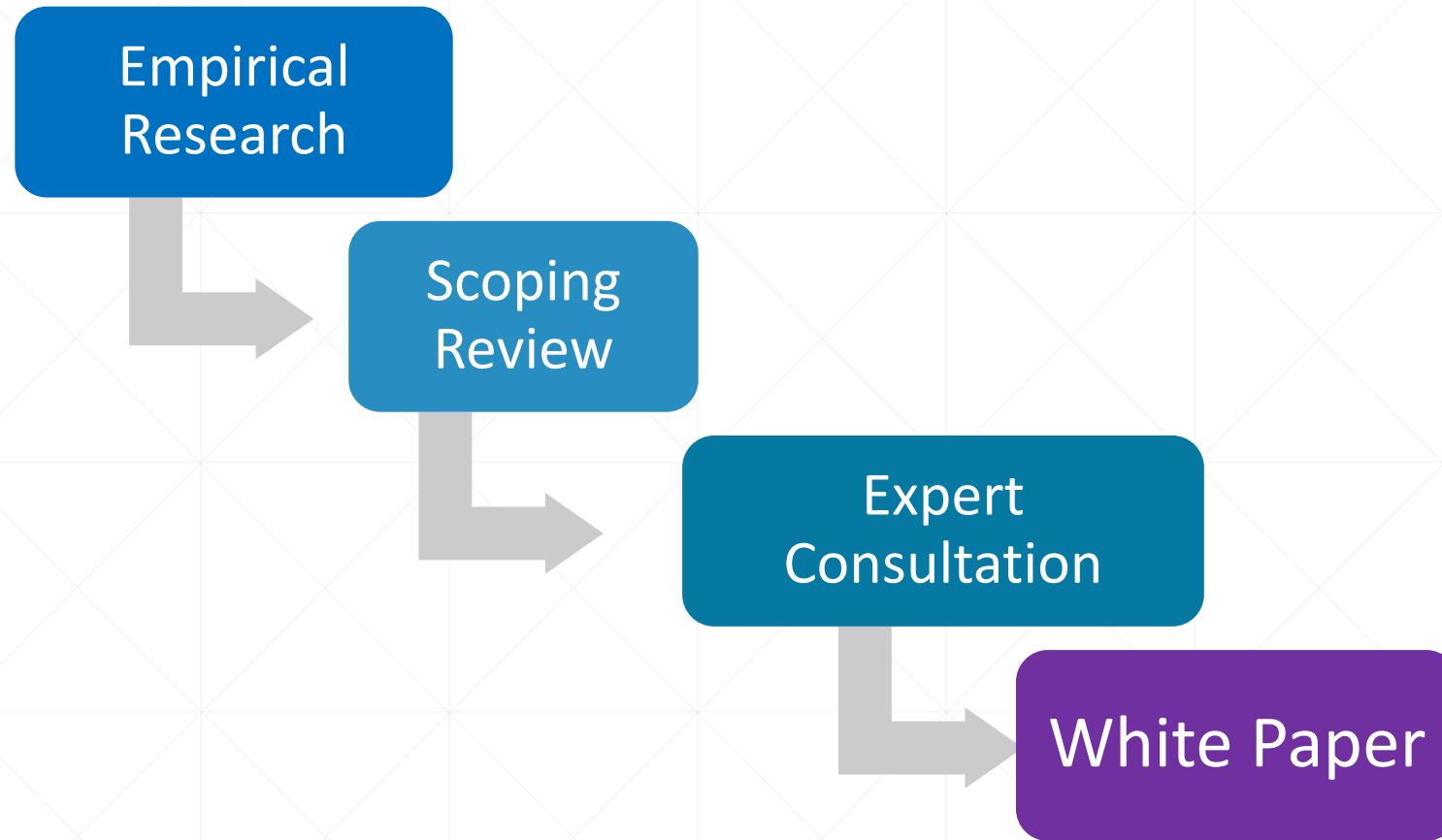


30  
recommendations



# Transparent expert consultation (TEC)







# Key messages

## 1. Implementation occurs over time

- Establish conditions to introduce the intervention
- Embed the intervention within day to day practice
- Sustain ongoing change

## 2. Implementation requires action at all levels of system

- Macro – national/regional structures (legal, financial, policy, regulatory)
  - Meso – care home organisations
  - Micro – individuals (staff, residents, family)
-

Macro

Meso

Micro

Getting  
started

Delivering the  
intervention

Keeping it going

Macro

Meso

Micro

Ensure awareness of palliative care need and intervention

Staff training to support use of intervention

Getting  
started

Delivering the  
intervention

Keeping it going

# Macro

# Meso

# Micro

Adopt flexible approach to use of intervention

Provision of supported external/internal facilitation

Embed changes into routine practices

Ensure awareness of palliative care need and intervention

Staff training to support use of intervention

Getting  
started

Delivering the  
intervention

Keeping it going

# Macro

Define minimum palliative care competencies

# Meso

Adopt flexible approach to use of intervention

Provision of supported external/internal facilitation

Embed changes into routine practices

# Micro

Ensure awareness of palliative care need and intervention

Staff training to support use of intervention

Getting  
started

Delivering the  
intervention

Keeping it going

# MACRO recommendations

Establish minimum **palliative care competencies** for care homes staff delivered through continuing professional development

Ensure relevant **regulatory frameworks** address the provision of palliative care in care homes

Ensure care **funding mechanisms** enable palliative care provision in care homes

Ensure **legislation** supports provision of palliative care in care homes e.g. with regard to medication

Ensure palliative care provision in care homes is present in national palliative care and ageing **strategies**

**Advocate** palliative care within care homes at a national and international level

# Thank you

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