Developing a Culturally Sensitive Seminar to Assess Attitudes about Advance Care Planning in Chinese-Americans

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Objectives

- Learning Objective 1: Discuss the planning, development, and evaluation of a culturally sensitive seminar on advance care planning.
- Learning Objective 2: Describe the effectiveness of an educational intervention on attitudes towards advance directives in Chinese Americans.

Background

- Advance Directives (AD) guide end-of-life (EOL) decisions when decision-making capacity is lost¹
- Concept of AD is not well known in Chinese²
- Limited AD research in minority populations³
- Chinese Americans 3rd largest immigrant group⁴
- Internationally Chinese represent about 20% of world population⁵

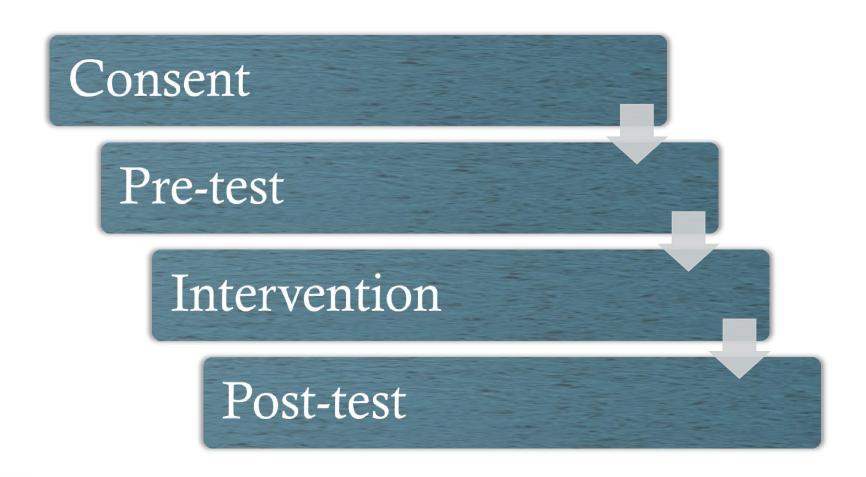
Purpose

- Develop culturally sensitive advance care planning (ACP) seminar for Chinese Americans
 - Community-dwelling adults
- <u>Aim</u>: Examine relationship of the seminar to attitudes towards AD

Design & Sample

- Cross-sectional pre-test, post-test design
 - Immediately before and after seminar
- Convenience sample 72 community-dwelling Chinese Americans
 - Recruited from Chinese community center in MD

Methods



Instruments

- Background/Demographic Survey
 - Thirteen-item survey
 - Three questions about previous EOL experiences
- Advance Directives Attitudes Survey (ADAS)⁶
 - 16-items, 4-point Likert scale
 - Higher scores → more favorable AD attitudes
 - Alpha coefficients range from 0.74 0.86^{6,7}
 - Alpha of current study population was 0.82

Intervention

- Pre-test survey
 - Demographic/Behavioral Instrument and ADAS
- Bilingual seminar with hands-on-activity
 - Discussed general topics related to ACP and AD
 - Step-by-step guide to AD completion *Five Wishes*
 - Question and answer session
- Post-test survey
 - ADAS

Results

- Response rate was 100% (n=72), some missing data
- Demographics
 - Age from 32-87 years (*M*=61, *SD*=12) 61% Female, 62.5% college educated, 31.9% chronic disease, 1.4% had life support and EOL decisions
- ADAS scores
 - Post-seminar significantly higher (M= 52.05, SE=5.99) than pre-seminar (M=50.17, SE=4.28), t(62)= -3.159, p< <.05, r= .37

Discussion

- Seminar well-received by Chinese-Americans
 - Importance of culturally-sensitive, bilingual offering
- Open to discussing EOL issues
- Chinese Americans ADAS scores lower than US inpatient scores⁷
- Positive attitudes about AD increase likelihood of completion

Limitations

- Convenience sample, one community center
- Did not assess acculturation of subjects

Conclusion & Recommendations

- Global implications to improve attitudes in diverse cultural groups
- Feasible to work with ethnic groups in the community
- Nurse-driven intervention meet community needs
- Importance of culturally sensitive interventions
- More research in community, advocate for family involvement

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