

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

Katherine A. Hinderer¹, PhD, RN, CCRN

Mei Ching Lee², PhD, RN

¹Department of Nursing, Salisbury University, Salisbury, MD

²Department of Organizational Systems & Adult Health, University of Maryland School of Nursing, Baltimore, MD

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
- Aim: 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

Consent

Pre-test

Intervention

Post-test



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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Acknowledgements

- This work was completed as a result of a grant from Sigma Theta Tau Pi Chapter
- Dr. Marie Nolan for granting permission for use and translation of the ADAS
- Xiuhua Bell, BS, RN for assistance with translation

Contact Information

- Mei Ching Lee - lee@son.umaryland.edu
- Katherine Hinderer - kahinderer@salisbury.edu