ADVANCE CARE PLANNING DISCUSSIONS IN A DRUG ADDICTION RECOVERY PROGRAM

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Disclosures

• None

Objectives

1. To learn about person-centered advance care planning gaps in an underserved population in New Hampshire.
2. To gain a better understanding of how individuals in a drug addiction recovery program react to advance care planning discussions.
3. To explore strategies to encourage individuals in a drug addiction recovery group to participate in person-centered advance care planning discussions.
Background

- Trained by Honoring Care Decisions in Spring 2016
- Lunchtime sessions with first-year medical students
- Fall 2016 and Winter 2017 searched for appropriate in-need population and found Recover Together

Recover Together

- A community of physicians, counselors, and recovering opiate users that provides medication and weekly group therapy sessions for people recovering from opiate use disorder
- Started in Claremont, NH
- Locations now in California, Indiana, Maine, Michigan, New Hampshire, West Virginia, and North Carolina
Methods

• Weekly group therapy sessions with 10-15 individuals and 1 counselor
• What we did in each 30-minute session:
  – What activities make you feel alive?
  – Imagine you are 80 years old and have lived a full life. If you could control three things about your last day, what would they be?
  – Discussion about advance care planning and the components of an advance directive
  – Who would you identify as a potential healthcare agent and why?
  – Surrogacy law in New Hampshire
  – Distribute Vermont and/or New Hampshire Advance Directives
  – Survey, feedback, questions
• Lots of positive and insightful discussion!

Results

Before today, have you attended a presentation or program to learn more about Advance Care Planning? (58 responses)

How useful was the information presented? (57 responses)

- Very useful: 44 (77.2%)
- Somewhat useful: 20 (35.3%)
- A little useful: 1 (1.8%)
- Not useful: 0 (0.0%)

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How likely would you be to recommend this presentation to others?

Around 70% said they would recommend this presentation and thought ACP was important to them.

How important is advance care planning to you?

Do you already have an advance directive? (55 responses)

If yes, have you discussed your preferences with your health care agent? (8 responses)

If yes, does your health care provider have a copy? (11 responses)
Results

How confident are you that you will update or complete an advance directive in the next 30 days? Circle the response that best characterizes how you feel about the statement? (54 responses)

- Very Confident
- Somewhat Confident
- Not Very Confident
- Not at all Confident
- Not applicable - my Advance Directive is up-to-date

Conclusions

- Overall rate of advance directive completion in this particular group is lower than the surrounding areas
- However, overall interest and appreciation for advance care planning is very high
- Underserved populations, particularly individuals recovering from substance use disorder, should be provided with additional outreach and resources
Limitations and Next Steps

• Inability to determine the true advance directive completion rate
• More follow-up would be beneficial
• Generalizability to other communities is unclear
• Opportunities for project expansion

Acknowledgments

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Thank you!

• Questions