

Impact of Culturally Competent Advance Care Planning for Korean Immigrant in a Community Setting

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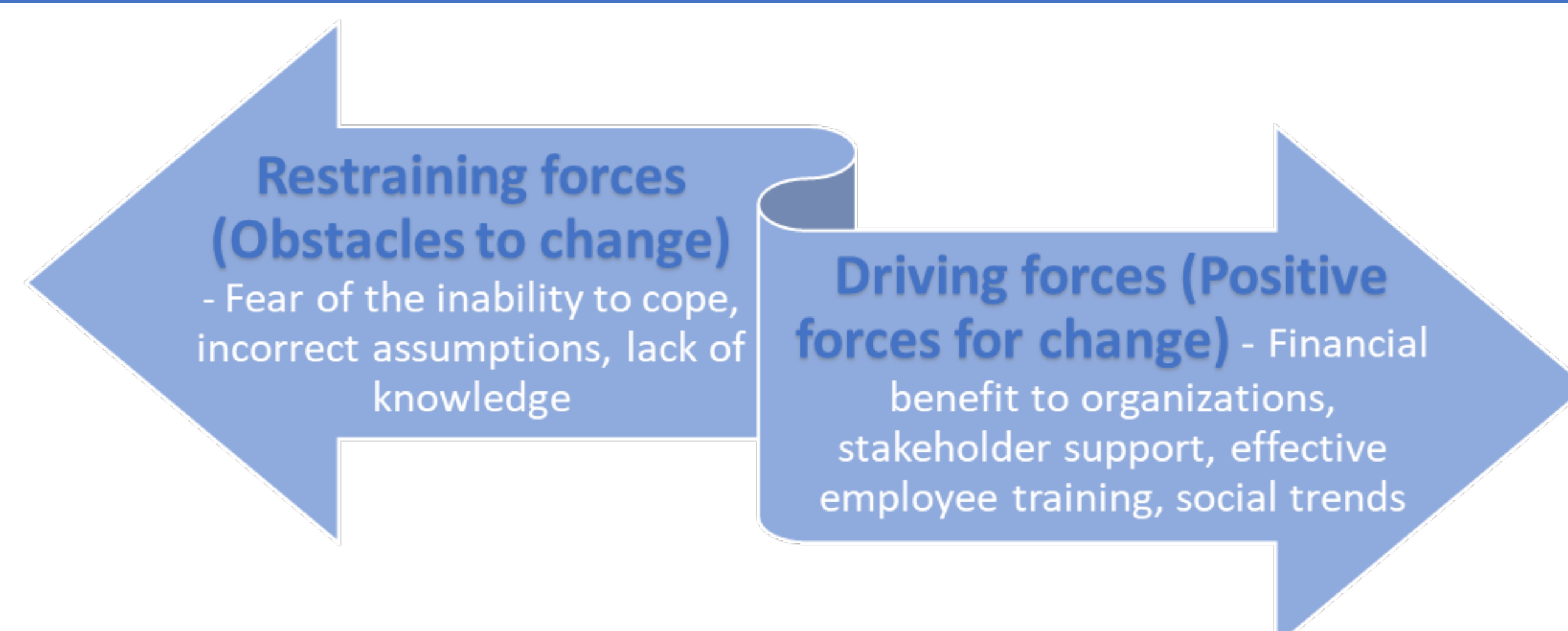
Background & Purpose

- ❖ **Korean Immigrants (KIs), the fifth-largest Asian American population in the U.S. have substantially lower quality EOL care** due to
 - a lack of culturally competent advance care planning (CCACP),
 - low completion rates of advance directives (ADs) and
 - insufficient ACP educational resources in community setting^{1, 2, 3}.

Purpose: To develop and evaluate the feasibility of a culturally competent advance care planning (CCACP) education program in community settings for KIs with LEP and life-limiting illnesses.

- **Aim 1:** To develop a feasible CCACP educational program in community settings for KIs with LEP and life-limiting illnesses.
- **Aim 2:** To increase ACP engagement with utilization of the CCACP educational program, among KIs in community settings.
- **Aim 3:** To achieve 50% completion rate for ADs from all of the KIs who participate in the CCACP education program by end of the QI project.

Transitional Frame work: Change theory



Methods

- **Design:** Pre/post-survey educational intervention
- **Setting:** A community setting in Southern California
- **Inclusion Criteria:** Korean immigrants with limited English proficiency, 65-years-old or older, more than two chronic illnesses, and living in Southern California
- **Exclusion Criteria:** patients with mental or cognitive issue
- **Intervention:** four one-hour weekly educational sessions with co-ethnic videos and handouts with specific modifications for KIs
- **Measures and Instruments:** advance care planning engagement survey (ACPES)⁴, the California advance health care directive in Korean-standard-bilingual form⁵.

Results

Demographic characteristics	(N = 48)
Age, mean (SD)	78.38 (6.813)
Gender, n (%)	
Male	13 (54.2)
Female	11 (45.8)
Religion, n (%)	
Christian, Protestant	20 (83.3)
Catholic	4 (16.7)
# medicines, mean (SD)	5.29 (2.911)
# past hospitalization, mean (SD)	1.29 (1.197)
SD = standard deviation	

- **Finding for Aim 1:** Feasibility -the time taken (100%, one hour cut-off time to complete), acceptance -participate in the education sessions (80%) and completion rate of the education (100%)
- **Findings for Aim 2:**
 - The distribution of this variable was significantly positively-skewed, by the Shapiro-Wilk test (0.914, p=0.042) → Wilcoxon signed-rank test was subsequently performed.
 - The median summary score of the pre-intervention ACPES: 108.00 (IQR:83)
 - The median post-intervention summary score was 153.50 (IQR: 86).
 - Overall, there was a median improvement of 37 points (IQR:29) in scores assessing advance care planning engagement behaviors, which was statistically significant, as evidenced by a p-value of 0.00 in the Wilcoxon signed-rank test.
- **Findings for Aim 3:** The participants' previous AD completion rate was only 12.5 %. After the CCACP educational intervention, 20 participants completed ADs, which constituted 83.3 %, and the goal was met.
- **Instrument for analysis: IBM® SPSS version 27**

Discussion

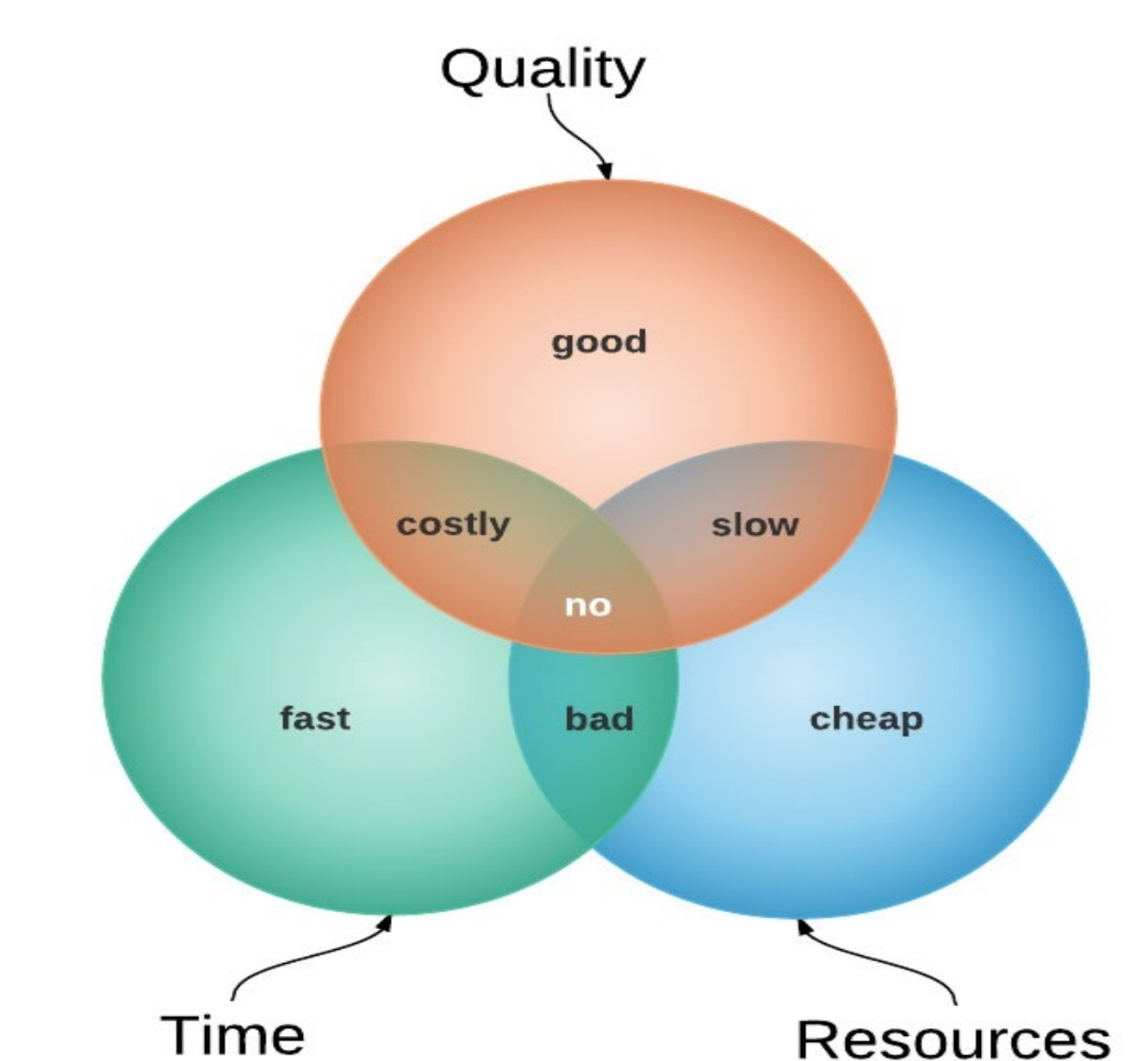
Findings: The findings demonstrated a statistically significant improvement in ACPES scores with implementation of the CCACP educational intervention.

Strengths

- Engagement of executive leadership and stakeholders
- Successful examination of the impact of CCACP educational intervention
- Feasibility in both in terms of **time and resources**
- Reliability of the measurement
- Promotion of primary care practice financial revenue
- Filling a gap in the literature
- Identifying how specific ACP intervention affect patients' attitude, knowledge and ACP engagement behaviors
- The intervention could be modified and tailored toward other ethnicities and the results might be generalizable to wide-ranging populations in other community settings.

Limitations

- Small sample size
- Convenience sampling
- Data collection relied exclusively on Korean-speaking primary care nurse practitioners
- Uncertain sustainability in the organization due to the high turnover rate of Korean nurse practitioners in the organization.



Dissemination, Conclusion, & Implication

Dissemination:

- These contents of the QI project were invited in January, 2021, and will be introduced to the top Korean Christian radio stations in Southern California, from June, 2021, as a regular community health promotion education program.
- This QI project has been selected for virtual poster presentation for Sigma's 32nd International Nursing Research Congress as a dynamic reflection of current nursing trends and timely issues.

Implications

- The educational intervention may have a significant impact on ACP engagement behaviors and quality of EOL care for KIs.
- CCACP may be incorporated into current primary care practice as a routine intervention in community settings.

Conclusion: CCACP educational intervention is feasible and implementation of the CCACP resulted in significant increases in ACPES scores and promotion of ADs for KIs in a community setting.