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ABSTRACT

Background: There is growing evidence suggesting that ACP engagement rates are substantially lower among ethnic minorities in the U.S. despite its studied benefits. Research and literature on engagement rates, knowledge, attitudes, and barriers regarding ACP and EOL decision making within ethnic minority Pacific Islanders residing in U.S. territories, such as Guam, is highly lacking. Hence, we attempted to reinforce population-based engagement rates towards ACP and EOL care in Guam by generating a culturally appropriate pilot multidisciplinary educational media package guide that increased public accessibility and by hosting four virtual (Zoom) workshop sessions to promote understanding and awareness. We also surveyed and analyzed data on the cultural competency and quality of the virtual workshops as well as data on the participants' knowledge and possible perspectives on ACP and EOL decision making in Guam in order to determine how to further improve the outreach and better cater to the target population.

Methods: A post-workshop online survey questionnaire provided by the GWEP team was used to measure 2 major domains – 1) demographics and 2) desired measurable outcomes divided into 5 main themes (baseline knowledge/understanding, perspectives/attitudes, barriers, behaviors/initiatives, and improvements).

Results: A total of (n=45) participants with 17 completed post-workshop online survey questionnaires and 5 total personal testimonials. All participants either “strongly agreed” or “agreed” to the appropriate cultural competency and high quality of the virtual workshop sessions. All participants either “strongly agreed” or “agreed” to gaining increased knowledge and understanding of ACP/EOL care decision making on Guam. Common recurring testimonial themes included: recognizing 1) ACP/EOL care’s importance and long-term benefits, 2) the lack of discussion and awareness of such services, and 3) the challenges initiating such conversations with loved ones.

Conclusion: Participants responded positively to the informative workshop sessions, thus demonstrating that the local Pacific Islanders in Guam are highly willing to learn more about and actively engage in ACP/EOL care practices on island, despite limited local discussions surrounding such topic. Hence, it is evident that future workshops and outreach initiatives to increase awareness on ACP/EOL care in Guam render tremendous potential and should be strongly considered not only to increase public awareness on such topics on Guam but also to positively impact local Pacific Islander perspectives and thus increase engagement rates on island.

BACKGROUND

Problem: There is growing evidence suggesting that ACP engagement rates are substantially lower among ethnic minorities in the U.S. despite its studied benefits. Research and literature on engagement rates, knowledge, attitudes, and barriers regarding ACP and EOL decision making within ethnic minority Pacific Islanders residing in U.S. territories, such as Guam, is highly lacking.

Importance: With the growing aging population in the U.S., the CDC has deemed advance care planning (ACP) as a public health issue since it improves end-of-life (EOL) care for patients and their caregivers by preventing unnecessary suffering.¹ ACP has also been studied to offer a more efficient approach when allocating resources and improving welfare by aligning care to patient preferences.²

Target Population: Underserved rural community site: Guam (U.S. Territory); Inclusion criteria: Interested local Pacific Islanders residing in Guam.

Services Provided

In partnership with GWEP, we attempted to reinforce population-based engagement on ACP and EOL care discussions in Guam by:

1. Generating a pilot multidisciplinary educational media package guide that is easily accessible and culturally competent to the public (via website, fact cards, and factsheets)
2. Hosting four Zoom workshop sessions

Measurable Outcomes

Post-workshop surveys were distributed in order to measure and analyze the cultural competency and quality of the virtual workshops as well as data on the participants' knowledge and possible perspectives on ACP and EOL decision making in Guam

OBJECTIVES

Objective 1: Reinforce population-based engagement on ACP and EOL care discussions in Guam by:

1. Generating a pilot multidisciplinary educational media package guide that is easily accessible and culturally competent to the public (via website, fact cards, and factsheets)
2. Hosting four Zoom workshop sessions

Objective 2: Collect post-workshop survey data to measure and analyze the cultural competency and quality of the virtual workshops as well as data on the participants' knowledge and possible perspectives on ACP and EOL decision making in Guam.

METHODS

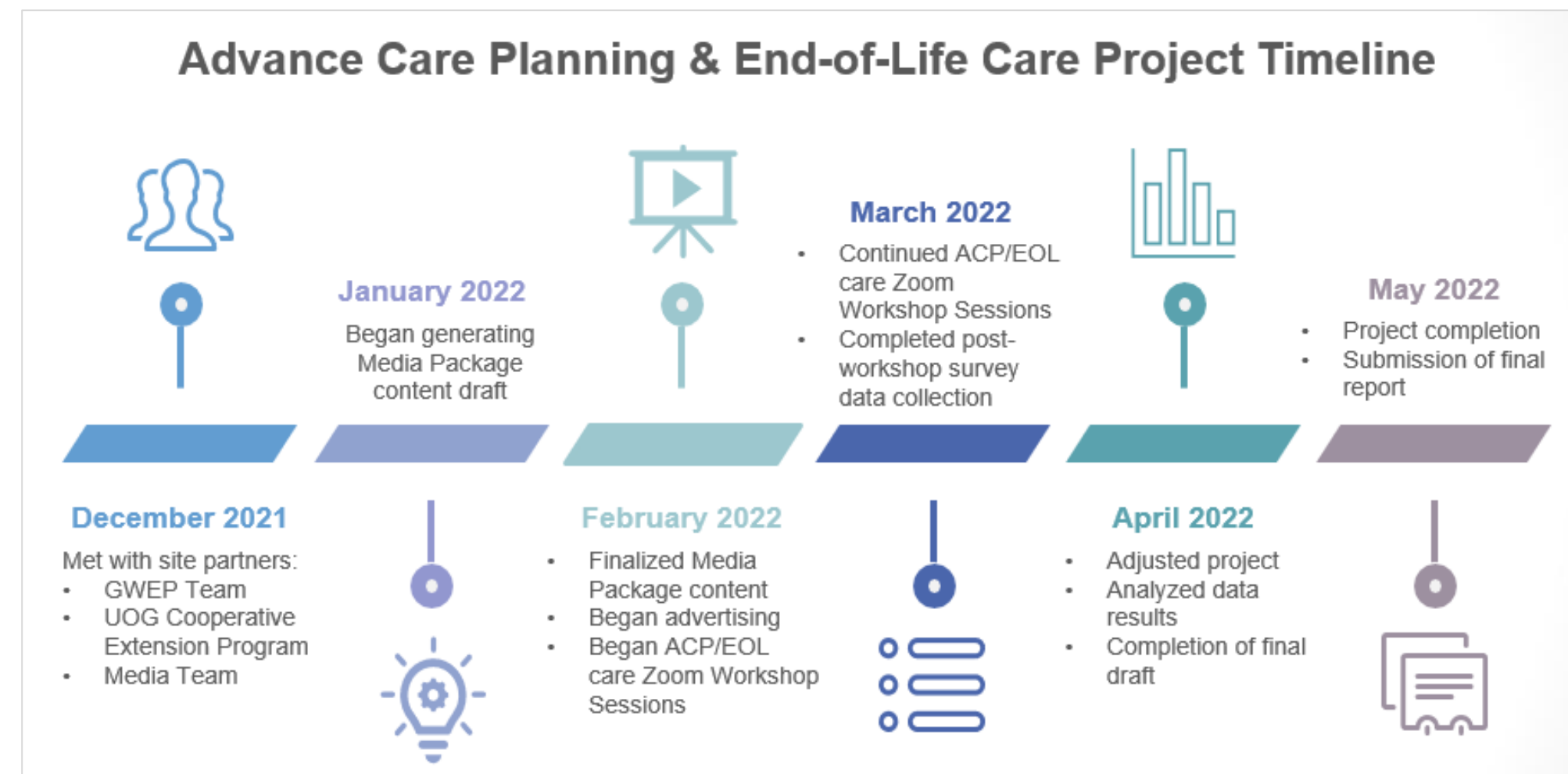


Figure 1. Project timeline

Media Package Design: Generated content for website, fact cards and factsheet, which required approval by the University of Guam Peer Review Committee.

Recruitment & Advertisement: Virtual flyers were designed & distributed for registration

Virtual Workshops: Presentation was designed in partnership with GWEP. Learning Objectives included the following:

- Recall GWEP’s role in the Action Community
- Summarize the 4Ms of an Age-Friendly Health System (AFHS)
- Recognize End-of-Life Care
- Define and discuss Advance Care Planning
- Define and discuss Advance Directives
- Discuss some Challenges encountered with Advance Care Planning and End-of-life care

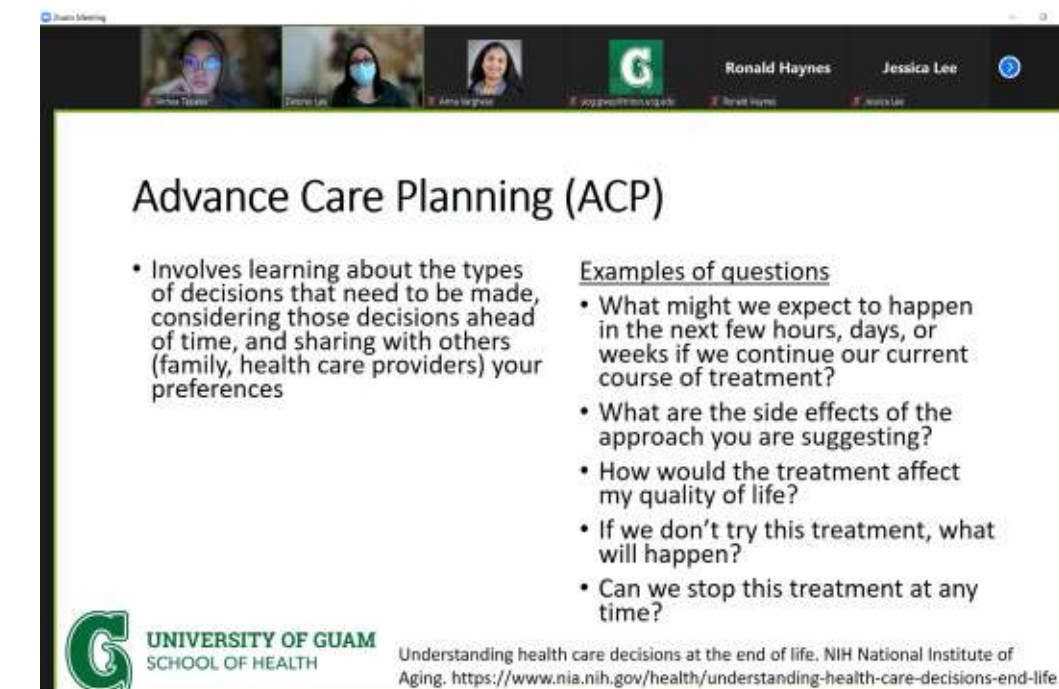
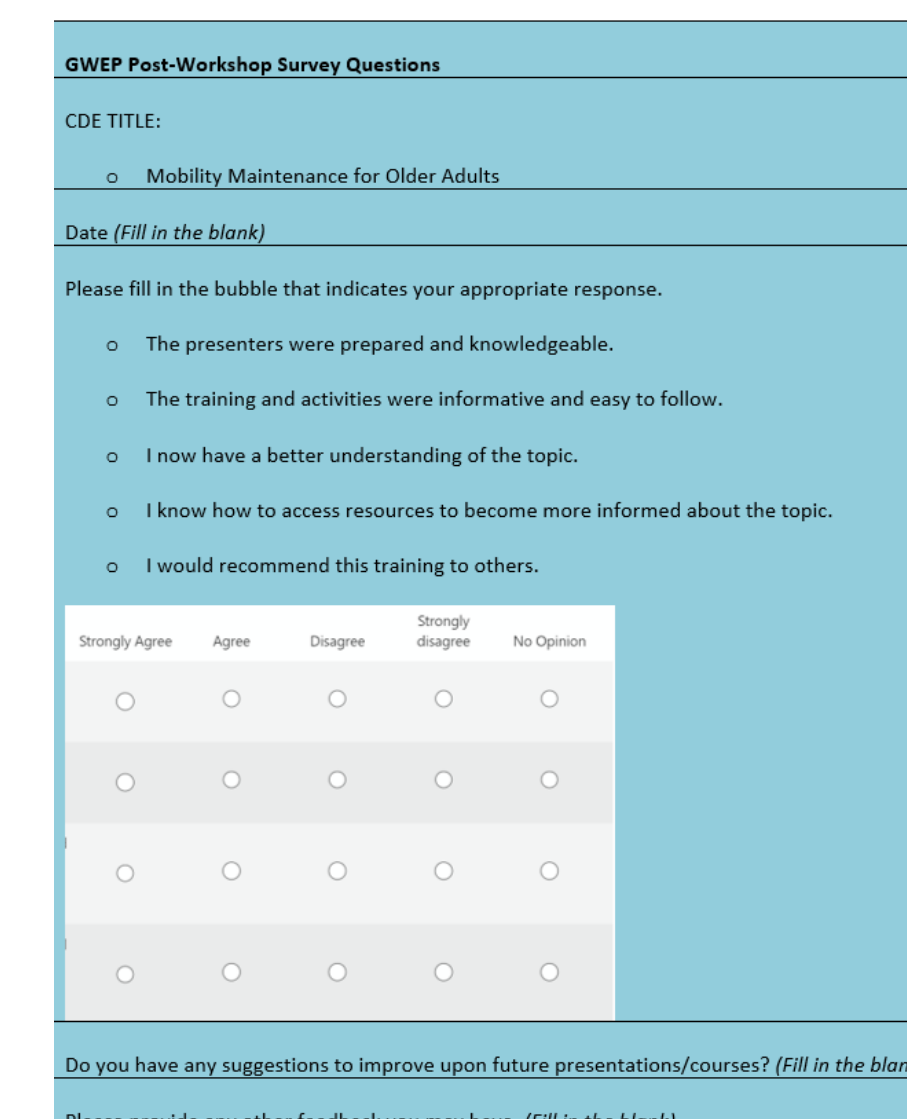


Figure 2. Snapshot from virtual workshop session on February 26, 2022



Figure 3. Snapshot from virtual workshop session on March 26, 2022

Survey Design: Online post-workshop survey designed and collected by GWEP using Microsoft Forms software for February and March 2022. Major themes of survey include:



GWEP Post-Workshop Survey Questions

CDE TITLE:

Date (Fill in the blank)

Please fill in the bubble that indicates your appropriate response.

- The presenters were prepared and knowledgeable.
- The training and activities were informative and easy to follow.
- I now have a better understanding of the topic.
- I know how to access resources to become more informed about the topic.
- I would recommend this training to others.

Strongly Agree Agree Disagree Strongly Disagree No Opinion

Do you have any suggestions to improve upon future presentations/courses? (Fill in the blank)

Please provide any other feedback you may have. (Fill in the blank)

Figure 4. Online post-workshop survey questionnaire

RESULTS

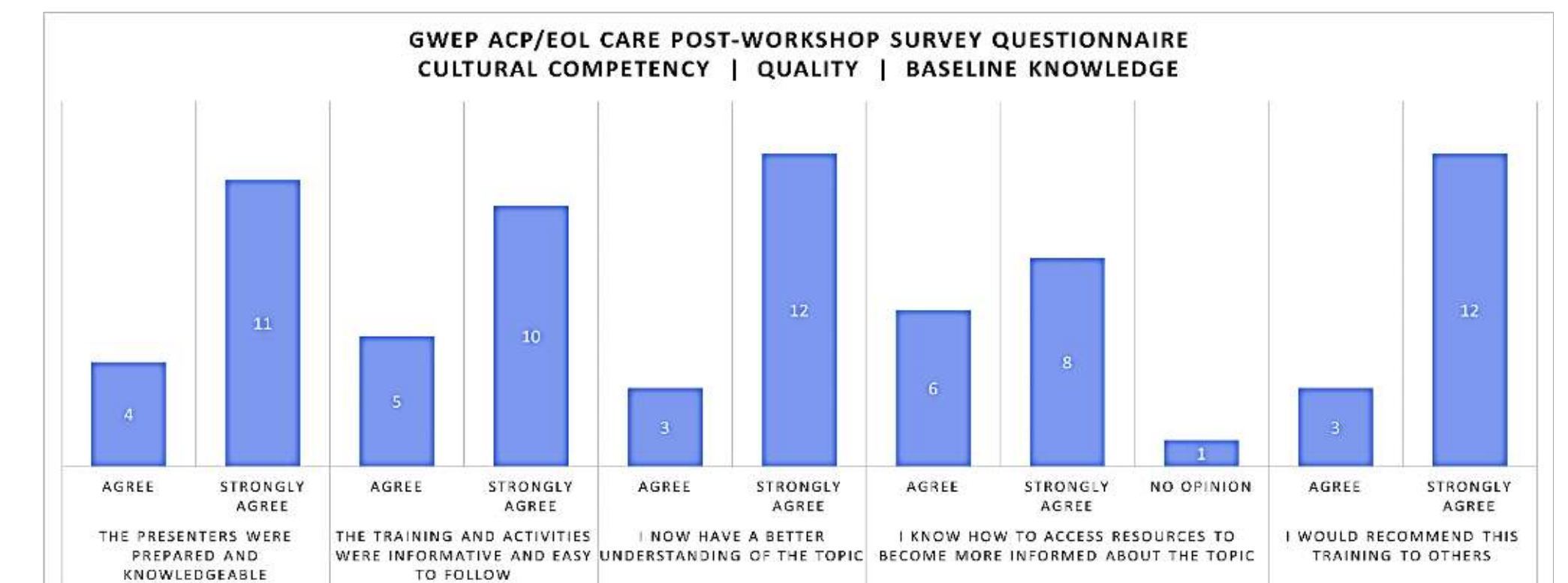


Figure 5. Post-workshop online survey questionnaire results from participants in all four virtual workshop sessions.

Workshop Dates	N=x
February 22, 2022	10
February 26, 2022	9
March 22, 2022	10
March 26, 2022	16
Total Participants	45
Total Completed Surveys	17

Figure 6. Number of participants (N) per workshop session and number of completed surveys.

Based on the data, we were able to determine the following:

- PERSPECTIVES:** Participants responded positively to the informative workshop sessions, thus demonstrating that the local Pacific Islanders in Guam are highly interested/willing to learn more about and actively engage in ACP/EOL care practices on island, despite limited local discussions surrounding such topic.
- CULTURAL COMPETENCY:**
 - Our target population had an increased understanding of the depth, complexity, and essential benefits of applying and practicing ACP/EOL care in Guam.
 - The virtual workshops were successfully structured to be culturally appropriate to cater to our target audience.
- QUALITY:** The virtual workshops serve as an essential outreach tool for accessing information and promoting awareness on ACP/EOL care in Guam.
- IMPROVEMENTS:** Our target audience are ACTIVELY and VISUAL learners with a preference to be actively engaged in the workshop sessions with more visual examples to be included in the presentations.

Testimonies

"Growing up, I was never taught about this topic nor did my parents of older family members ever speak about advance care planning. However, after the presentation, I think it is a very important topic to talk about despite how scary it can be regardless of age. I think it's essential for the residents of Guam to start being open-minded about these difficult topics because I know this can be very beneficial in the future." – RD, participant

"I believe that advance care planning is something that should be taught not only to the elderly population in Guam, but also the younger generations as well. I think that the presentation was very eye-opening, and it has me seriously considering beginning discussions with my primary care doctor about starting an advance directive at my young age." – TM, participant

"These programs need to be provided exposure to the public. Without the session, I would not have known how expansive this program was." – TT, participant

"It is helpful that programs like these are in place to provide assistance to those found in these difficult circumstances. Thank you all for organizing this event. It's a very important topic that is not widely talked about in the community." – AT, participant

Overall, I thought it was a really great presentation and I believe this topic should be brought up and talked about within the Guam community more often. This will really help and inform people of how to handle delicate situations about their or their loved one's future health." – KDL, participant

CONCLUSIONS

- Participants responded positively to the informative workshop sessions,
- Local Pacific Islanders in Guam are highly willing to learn more about and actively engage in ACP/EOL care practices on island, despite limited local discussions surrounding such topic.
- It is evident that future workshops and outreach initiatives to increase awareness on ACP/EOL care in Guam render tremendous potential and should be strongly considered not only to increase public awareness on such topics on Guam but also to positively impact local Pacific Islander perspectives and thus increase engagement rates on island.