Introducing a pilot multidisciplinary advanced care planning educational media package guide in Guam: A survey on knowledge, attitudes, and barriers of advanced care planning and end-of-life decision making in Pacific Islanders

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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 the population-based engagement rates towards increased 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: recognition of 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.

Conclusions: 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 topics. Hence, 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 Guam, 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.

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

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

Methods:

1. Generate 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.

1. Collecting a 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.

2. Collect post-workshop survey data and 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.

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:

1. Background GWEP’s role in the Action Community
2. Summarize the 4Ms of an Age-Friendly Health System (AFHS)
3. Define and discuss Advance Directives
4. Generating a pilot multidisciplinary educational media package guide that is easily accessible and culturally competent to the public (via website, fact cards, and factsheets)
5. Hosting four virtual (Zoom) workshop sessions

RESULTS

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

1. 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.

2. 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 in content and delivery.

3. QUALITY: The virtual workshops serve as an essential outreach tool for accessing information and promoting awareness on ACP/EOL care in Guam.

IMPLICATIONS: The virtual workshops are actively engaged learners with a preference to be actively engaged in the workshop sessions with more visual examples to be included in the presentations.

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.