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Kelsey Two Bears



**CHEROKEE INDIAN
HOSPITAL AUTHORITY**

Advance Care Planning (ACP)

Process that can improve quality of care and other end-of-life outcomes by enabling a person to discuss, decide on, and document preferences for care in an advance care plan to serve as instructions if unable to speak for themselves

During ACP, an advance care plan or directive is a legal form that a person completes outlining their wishes that can provide guidance for caregivers and medical professionals

Associated with care that reflects patients' goals, improves patient-provider communication, and reduces caregiver and patient distress

AMERICAN INDIAN AND ALASKA NATIVE PEOPLES

Experience inequities with respect to quality end-of-life care

More likely to be hospitalized and receive futile treatment at the end-of-life than Whites

Lower rates of hospice, palliative care, do not resuscitate orders, and advance care plans

Community-based advance care planning (ACP) program provided to the citizens of the Eastern Band of Cherokee Indians citizens and relatives



Culturally tailored from the original MY WAY intervention designed to assist nephrology clinic-based healthcare providers with ACP discussion with patients aged ≥ 55 years with stage 3 or 4 chronic kidney disease

PROJECT'S ORIGIN

Conducted study with nephrology and palliative care providers serving the community regarding end-of-life and palliative care conversations

Identified considerable barriers in establishing trusting patient-provider relationships

Met with relevantly situated persons in the Tribe about the findings and conducted community listening sessions

Learned more about ACP access, cultural aspects around end-of-life, and identified a need

Table 2. Original compared to the culturally tailored Make Your Wished About You (MY WAY).

Original MY WAY	Culturally Tailored MY WAY
Delivery	
Single encounter with a 90-day follow-up	Two sequential encounters
No food provided	Provided traditional Tribal meals during Community Information Session
By healthcare provider	By Support Star
In a clinical setting	In a community setting
Conducted in English	All Sharing Sessions conducted in English with the ability to be conducted with Tribal language speaker
No choice provided on who delivered	Choice given between Tribal citizen and non-Tribal citizen who delivered
The healthcare provider did not provide notary services	Support Star provided notary services
3-hour video training for healthcare provider	6-hour training and 5-hour refresher training face-to-face for Support Star
Content	
Persons aged ≥ 55 years	Persons aged ≥ 18 years
Focused on chronic kidney disease	No specific disease or diagnosis
Written in English	Personal Guide written in English with some Tribal language features and a fully translated version in Tribal language
Used 'patient' and 'healthcare agent'	Removed these terms
Logo	New logo created with Tribal language and imagery
Stock patient/provider images	Community member images
No local/regional semiotics in materials	Tribally relevant semiotics in materials
No local/regional colloquialisms in materials	Incorporated colloquialisms in materials
Patient Guide 10-page letter sized	Personal Guide 8-page bi-fold sized
No chart on differences between key legal/medical forms	Chart on differences between key legal/medical forms
Discussed 7 steps for ACP	Discussed 5 steps for ACP
No quotes from participants used	Quotes from listening sessions incorporated
Curriculum Guide did not include content on cultural considerations	Curriculum Guide included cultural considerations, importance of confidentiality, distinguishing between legal vs. financial forms, and Tribal resources

MY WAY consisted of two sequential encounters:

1: Community Information Session

2: Sharing Session

PROGRAM OUTREACH



[Local commercial](#)



A program to help plan for healthcare wishes is available now.
Call Liz or Turner 828-227-2893

Community Information Sessions & Cherokee Dinner

- Big Cove Comm Club: 3/8 at 5pm
- Big Y Comm Club: 3/15 at 5pm
- Towstring Comm Club: 3/21 at 5pm
- Yellowhill Comm Club: 3/28 at 5pm
- Tsali Manor Senior Ctr: 4/5 at 10:30am
- Wolftown Comm Club: 4/11 at 5pm
- Painttown Gym: 4/14 at 5pm
- Birdtown Gym: 4/27 at 5pm

Visit www.EBCI-ACP.WCU.edu

COMMUNITY INFORMATION SESSION



Group event held across community at different venues with meal and lasted 45 minutes

14 held, led by trained project staff and Support Stars

Covered:

- **Healthcare POA**
- **Discussing future healthcare wishes**
- **Completing an advance directive**
- **Sharing wishes with family & providers**
- **Medical orders for life-sustaining treatment**



SHARING SESSION

Two weeks after Community Information Session attendance

Private, encouraged family members to be present, location of choice

Led by a Support Star using a curriculum designed to help participants reflect on their end-of-life wishes and complete ACP forms

Per NC law, notarized with two witnesses



SHARING SESSION

Same ACP forms used by the Tribal legal aid office were used, including:

Part A: Designating a healthcare power of attorney

Part B: Documenting a living will and life-prolonging treatment



RESEARCH RESULTS

Collected data to examine program impact

Waitlist design with participants divided into two groups:

Intervention group: $n=108$

Waitlisted group: $n=41$

Outcomes: ACP barriers, facilitators, readiness, self-efficacy, and completion

RESEARCH RESULTS

Data Collection Steps



Baseline



Community
Information
Session



Sharing
Session



8-Wk Follow-Up



6-Mo Follow-Up

RESEARCH RESULTS

Significant decreases in ACP barriers and increases in ACP facilitators, readiness, self-efficacy, and completion

All outcomes were significantly greater for the intervention group compared to the waitlisted control group and sustained at 6 months for the intervention group

79% increase in persons completing a notarized advance care plan




NEXT STEPS

Support and work with Kelsey Two Bears at CIHA

Engage in conversations with the EBCI Justice Center

Examine ways to work with CIHA on end-of-life conversations between patients and providers

Examine processes in place for advance care plan documentation – is there room for improvements?





Thank you!
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