

Implications for Research, Policy, or Practice. EHR phenotypes may shape identification of seriously-ill patients at high risk of having palliative care needs for both research and clinical purposes.

Integrating Palliative Care Social Workers into Sub-Acute Settings: Feasibility of the ALIGN Intervention Trial (S825)



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Objectives

1. Describe the justification for methodological approach in this pragmatic trial design.
2. Discuss the justification for the ALIGN intervention and preliminary results of the intervention in the SNF setting.

Original Research Background. Sub-acute rehabilitation (SNF), intended for short stay care transitions, cares for 1/3 of older adults in the last six months of life with low penetration of hospice and palliative care. ALIGN (Assessing & Listening to Individual Goals and Needs) is a palliative care social worker led intervention aimed to improve quality of life (QOL), goals of care (GOC) alignment, and provide support to patients and caregivers.

Research Objectives. Determine the feasibility of conducting a trial of ALIGN in older persons and their caregivers admitted to SNF and conduct exploratory analysis of ALIGN vs usual care on patient goals of care alignment (curative, life-prolonging/rehabilitative, comfort), QOL (FACT-G), and caregiver reaction assessment (CRA) and burden (Zarit).

Methods. To conduct a pilot pragmatic randomized step wedge design of the ALIGN intervention versus usual care in three SNFs with 120 older adults and caregivers (optional) admitted with advanced medical illness (LACE score ≥ 7) to determine feasibility and preliminary efficacy.

Results. To date, 362 SNF patients met illness criteria and the team was able to approach 127 patients within required 72 hours of admission. Enrollment rate for patients = 68%, caregivers = 36%. Caregivers are

often not available to participate in-person, alternate approaches are being tested. Baseline GOC alignment = 50%. Baseline FACT-G = 70.0 (+16.9) demonstrating compromised QOL, CRA Self Esteem scale (1-5) = 1.8 (+0.5) showing some benefit finding, and Zarit = 14.5 (+9.2) showing moderate burden.

Conclusion. A pragmatic trial of the ALIGN intervention is feasible and needed based on low GOC alignment, low QOL, and moderate caregiver burden.

Implications for Research, Policy, or Practice. The current model for SNF does not address the palliative care needs of patients, ALIGN has potential to be an effective, scalable, reproducible intervention for to improve palliative care outcomes within sub-acute settings.

The Most Common Reflections of the Dying (S826)



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Objectives

1. Discuss the importance of learning about the most common end-of-life reflections.
2. Identify the most common reflections of the dying.

Original Research Background. Reflecting on one's life can be therapeutic for dying people. Knowledge about common end-of-life reflections may increase caregivers' ability to identify appropriate occasions to initiate or facilitate therapeutic life review.

Research Objectives. Identifying the most common end-of-life reflections.

Methods. One hundred twenty-three nurses who were HPNA members responded to an anonymous survey. Participants were asked to list the most commonly expressed reflections that patients have about their lives. A coding scheme was determined based on themes identified in participants' responses. Two independent raters coded all the responses. The overall inter-rater agreement (Cohen's kappa) was $k = .823$. After the data were independently coded, the two raters consulted to resolve discrepancies and generate a final set of codes.

Results. The top five end-of-life reflections themes emerged from the data were; concern for loved ones, regret, spirituality, legacy, and lack of acceptance/readiness. Nurses were more likely to report that patients were concerned about their families (50.41%) than their own morbidity/mortality (36.59%), $\chi^2(1) = 9.39$, $p = .002$ and were more likely to report that patients expressed concerns about their loved ones as opposed to gratitude for them (10.57%), $\chi^2(1) = 78.06$, $p < .001$.

Conclusion. Concern for loved ones was identified as the most common theme of end-of-life reflections.

Implications for Research, Policy, or Practice. Health care professionals should extend their efforts to alleviate their patients' concerns related to relationships with loved ones. Future research could focus on determining the specific causes of concern for loved ones among the dying patients and developing measures to ameliorate such concerns.

Increasing Awareness of Palliative Care in the Latino Community (S827)



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Objectives

1. Discuss challenges and opportunities to improving awareness of palliative care in underserved communities.
2. Identify potential community partners to reach underserved populations the provider's areas of practice.

Original Research Background. Research indicates significant disparities in the use of palliative care (PC) in underserved populations. Although 17% of America's population is Latino, and Latinos account for 48% of California's population, only 6.9% of individuals receiving PC are Latino. Thus, culturally and linguistically sensitive approaches to improve awareness of PC are imperative to improving health outcomes among Latinos.

Research Objectives. To evaluate the feasibility of applying the promotores model to improving awareness of PC in the Latino Community. To describe the implementation and evaluation of a PC promotores project in an urban setting.

Methods. Promotores are respected Latino community members who provide health information to their local communities. *Familias en Acción* (a Latino advocacy and educational organization) and the Center for Latino Community Health at California State University, Long Beach partnered to provide 3- to 8-hour face to face trainings to promotores on PC. Each promotora agreed to teach 10 additional people. Pre and post surveys and 6-month follow-up telephone interviews evaluated program effectiveness.

Results. Sixty-one promotores participated; 57 completed the 6-month follow-up (93% retention rate). The mean age for the promotoras was 47.3 years (range 19-68, standard deviation [SD] 10.01); mean

length of US residency was 26.74 years (range 6-64, SD 11.18); 56 (91.8%) were female; and 52 (85%) reported their country of origin as Mexico. Initially, 57 (94%) promotores reported no knowledge of PC. At the completion of the training, 60 (98%) reported strongly agreed or agree with the statement, "I am ready to share this information with my community." Promotores provided the training in various settings including schools, churches, and senior centers to 1,950 community members, exceeding project Objectives by threefold.

Conclusion. This project provides evidence that promotores are extremely effective in disseminating PC information throughout their communities.

Implications for Research, Policy, or Practice. Rigorous methodologies are needed to provide empiric evidence of specific healthcare outcomes from PC promotores projects.

"Supportive Care Nurses" An Innovative Inpatient Primary Palliative Care Consultation Service at an Academic Medical Center (S828)



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Objectives

1. Describe a nurse-led primary palliative care consultation service to provide early palliative support for patients at a tertiary academic medical center.
2. Determine acceptability and perceived effectiveness of a nurse-led primary palliative care consultation approach.

Original Research Background. The ability to provide primary palliative care is a skill set that is underutilized by hospitalists. Many hospitalized patients lack access to palliative care consultation. To fill this gap, a primary palliative care consultation service could be beneficial to patients, families and hospitalists in addition to specialty level palliative care consult services.

Research Objectives.

- To develop a nurse-led inpatient primary palliative care consultation service.
- To evaluate the acceptability and perceived effectiveness of a nurse-led primary palliative care consultation approach.

Methods. A single-site, single-arm pilot study was conducted at the University of Iowa Hospital and Clinics.