

# Barriers and Facilitators to Implementing a Pragmatic Trial to Improve Advance Care Planning in Two Large Nursing Home Systems



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## BACKGROUND

- Advance care planning (ACP) has the potential to promote more preference-based, higher quality, and cost-effective care among nursing home patients.
- To achieve widespread improvements, effective and scalable ACP interventions in this setting are needed.
- The PRAgmatic trial Of Video Education in Nursing homes (PROVEN) is one of the first large pragmatic clinical trials to be conducted in nursing home health care systems and intends to evaluate the effectiveness of a video ACP support program.
- This report leverages PROVEN's qualitative data to examine facilitators and barriers to intervention implementation.

## METHODS

- INTERVENTION: PROVEN was conducted in 360 nursing homes (119 intervention; 241 control) owned by 2 large health care systems. Champions at each intervention facility were charged with implementing the ACP video program, including offering the video to patients/family members according to protocol-specified temporal parameters.
- STUDY DESIGN: Qualitative semi-structured interviews
- PARTICIPANTS: Data from 49 champions representing 44 purposively-sampled facilities were included in this analysis.
- DATA COLLECTION: Interviews were conducted via telephone at months 4, 9, and 15 of the 18-month intervention implementation period.

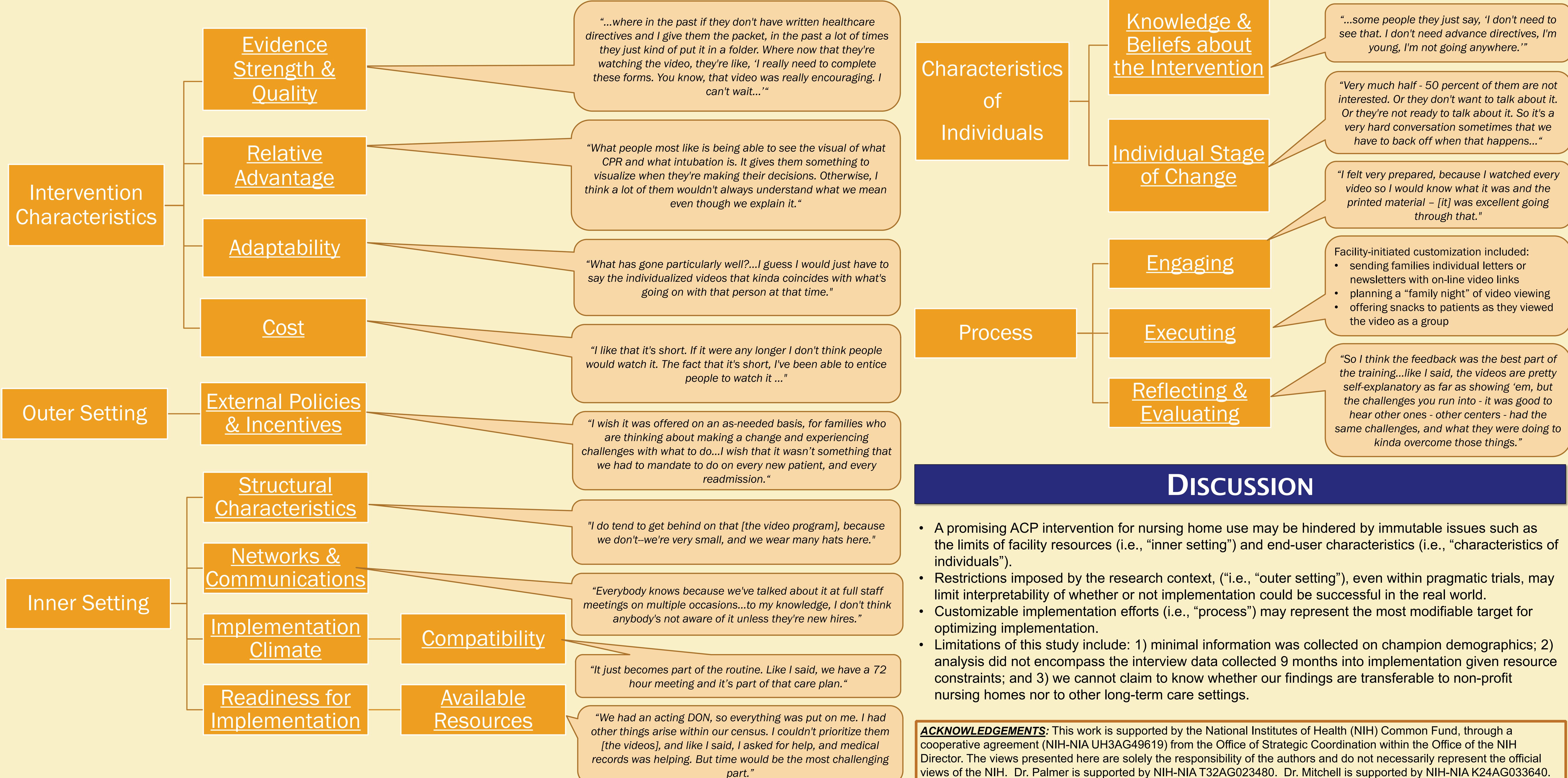
### Sample Interview Questions

- What has gone particularly well?
- What have been the biggest challenges?
- How has the program changed your experience in having ACP conversations?

• ANALYSIS: Interviews were digitally recorded and transcribed verbatim. We employed a hybrid deductive/inductive, thematic analysis approach based on the five Consolidated Framework for Implementation Research (CFIR) constructs:

- Intervention Characteristics
- Outer Setting
- Inner Setting
- Characteristics of Individuals
- Process

## RESULTS



## DISCUSSION

- A promising ACP intervention for nursing home use may be hindered by immutable issues such as the limits of facility resources (i.e., "inner setting") and end-user characteristics (i.e., "characteristics of individuals").
- Restrictions imposed by the research context, ("i.e., "outer setting"), even within pragmatic trials, may limit interpretability of whether or not implementation could be successful in the real world.
- Customizable implementation efforts (i.e., "process") may represent the most modifiable target for optimizing implementation.
- Limitations of this study include: 1) minimal information was collected on champion demographics; 2) analysis did not encompass the interview data collected 9 months into implementation given resource constraints; and 3) we cannot claim to know whether our findings are transferable to non-profit nursing homes nor to other long-term care settings.

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