

Let Me Decide

Introduction:

Let Me Decide investigates the impact of simultaneously implementing the “Let Me Decide” advance care planning (ACP) programme and a general palliative care education initiative in the long term care (LTC) setting in Ireland. Interventions will be assessed in relation to the quality of dying experience in the participating LTC residences. Evaluation will be by chart review, staff review and the use of validated questionnaires describing each death from the bereaved relative’s perspective. Secondary outcomes include the feasibility of implementing both programmes, mortality, place of death, compliance with Advance Care Directives (ACD) or ACP, symptom control, healthcare utilisation and costs, and staff confidence in providing end-of-life care.

Current Status:

Currently we are working in five nursing homes/community hospitals implementing ACP and Palliative Care. The goal of this research is to establish a network of centres of excellence in LTC in Ireland. Standardised educational programmes in ACP and Palliative Care have been developed and will be made available on-line to facilitate the training of new staff as well as the rollout of the programme to other LTC facilities.



Training on the implementation of the ACP component of the intervention has been completed in all centres. ACP discussions have begun with their residents and relatives of residents who lack capacity. Education on end-of-life care relevant to the LTC environment has also started.

Future Plans:

Large scale randomised controlled trial (RCT) in Ireland followed by a multi-centre European RCT.

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