

# Development of an electronic decision aid for older people near the end of life

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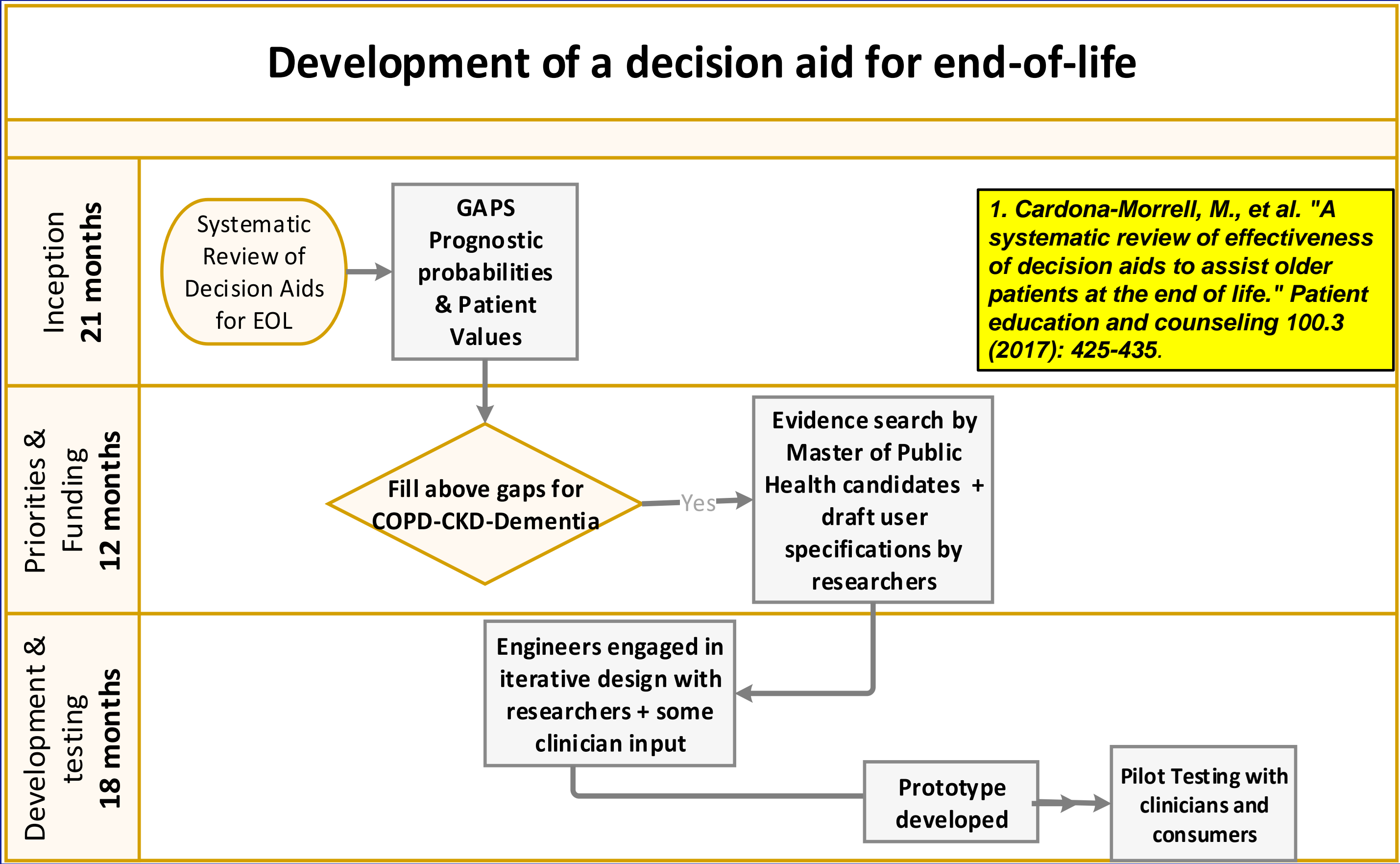
## Rationale

1. Decision aids for older people’s end of life are scarce and lack prognostic information and personal values clarification
- 2 We aimed to fill these gaps [1] and provide an electronic tool amenable to integration in routine care

## Aims & Objectives

- To encourage discussions on end-of-life care with older patients suffering from progressive incurable illness
1. To develop an electronic, flexible resource applicable across several chronic conditions to facilitate shared decision-making among older people deemed to be in the last year of life
  2. To identify an acceptable module that incorporated quantitative prognosis and patient values during the shared decision-making discussion

## Process so far



**INFO for Pulmonary rehabilitation**

This is essentially an exercise program customised to the needs of each patient depending on their disease severity. It may be based at your home or at a rehabilitation centre, may or may not include equipment, and sometimes it includes nutrition supplements. The aim is to improve their ability for activities of daily living, and help them be more independent.

How important are these priorities to you	Quality of life rather than quantity	Achieve Symptom relief	Improve Physical functioning	Avoid Hospitalisation or ICU admission	No Death within 12 months	Not to be a burden on others
Long-term home oxygen day + night	NR	+++	+++	+	-	+

**REFERENCES**

Wakabayashi et al. Effectiveness of home-based exercise in older patients with advanced COPD: a 3-year cohort study. Geriatrics and Gerontology, Japan GS, 2018;18:42-49

Gurgun et al. Effects of nutritional supplementation combined with conventional pulmonary rehabilitation in muscle-wasted chronic obstructive pulmonary disease. A prospective randomized and controlled study. Respirology 2013;18:495-500

Seymour et al. Outpatients pulmonary rehabilitation following acute exacerbations of COPD. Thorax 2010;65:423-428.

**Cristal Questionnaire**

**Patient Values**

Question	Answer
Having good quality of life/ good quality time	Somewhat Important
Relieving the main symptoms affecting you	Important
Restoring your ability to function/ walk / take care of yourself	Very Important
Avoiding a hospitalisation	Unsure
Surviving for as long as possible at all costs	Important
Not being a burden to my family	Extremely Important

Prince of Wales Hospital / First Name Surname

✓ Patient Register patient

2 Cristal Cristal Form

3 Patient Values Patient Values Form

4 Conditions Conditions Form

5 My Choices Please review results

**Personal History of Chronic Disease**

Personal history of chronic disease?

☐ Advanced Malignancy

☒ Chronic Kidney Disease

☐ Chronic Heart Failure

☒ Chronic Obstructive Pulmonary Disease

☐ New Cerebrovascular Disease

☒ History of existing or new myocardial infarction

☐ Moderate/Severe Liver Disease

☐ None

<https://spcare.bmj.com/content/bmjspcare/5/1/178.full.pdf>

## Lessons Learnt

- Development informed by evidence is feasible
- Funding is essential to support all phases
- Multidisciplinary team involving clinicians from outset
- Valuable consumer contributions
- From user specifications to minimum viable product takes longer than anticipated
- Capacity building and staff turnover delayed process

## Contact for further information



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