

### BACKGROUND

This observational cohort study aimed to understand both the frequency and quality of advance care planning conversations from the perspective of advanced colorectal cancer patients. In particular, this study focused on patients' perspectives on prognosis, fears, end-of-life treatment preferences, and what was most important to them (wishes/goals).

### METHODS



Participants were recruited from cancer centres in two Canadian cities (Calgary and Edmonton, *n* = 131)

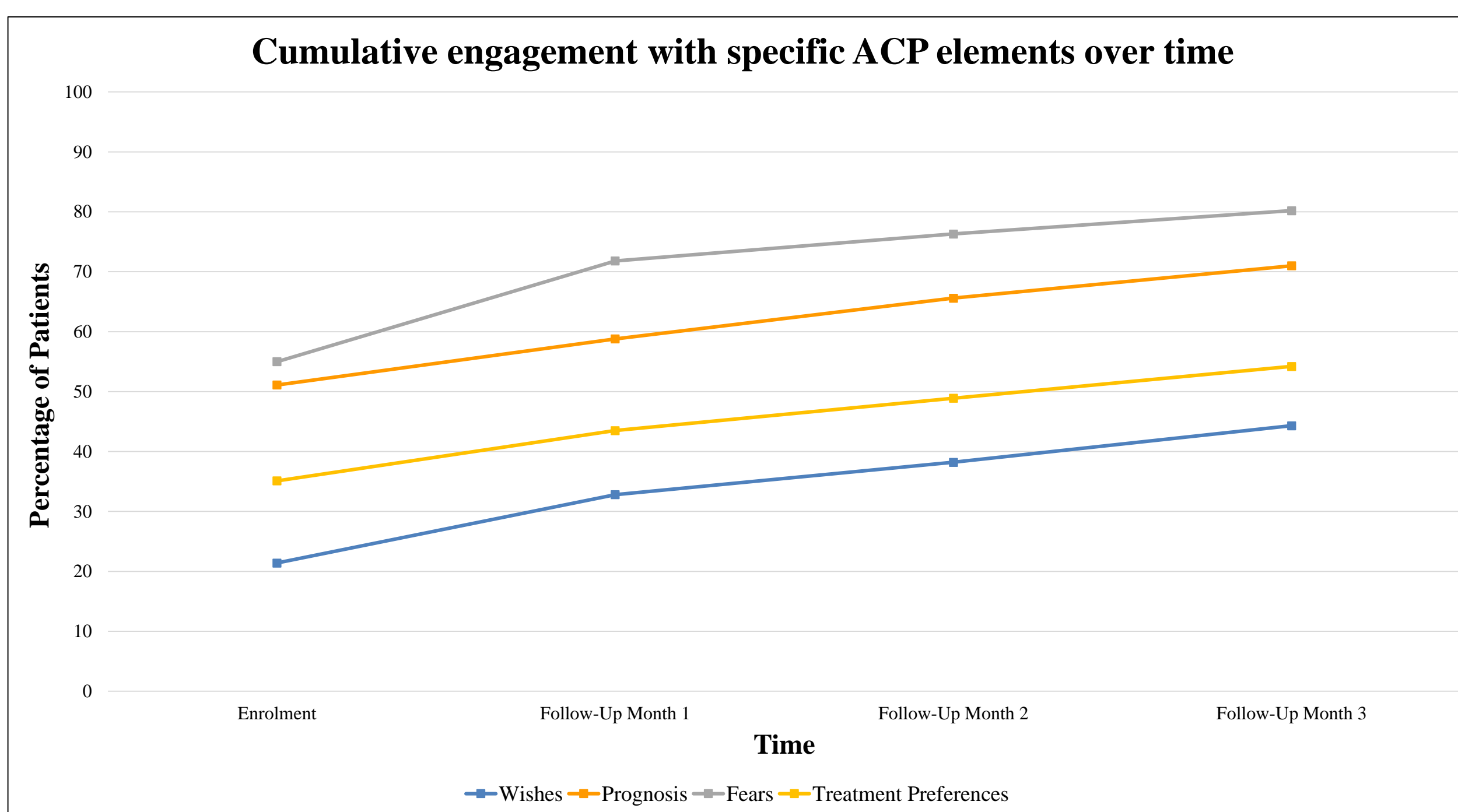


Enrolled patients were asked to complete the *My Conversations* survey on a monthly basis



Analyzed data from four time-points: enrolment, month 1, 2, and 3

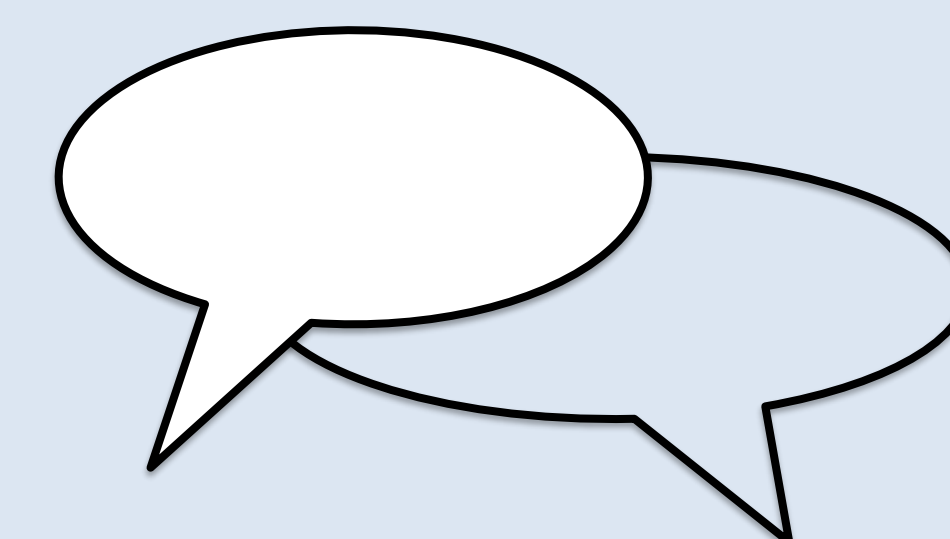
### RESULTS



At least once from enrolment to month 3, **80.2%** of patients discussed fears, **71.0%** discussed prognosis, **54.2%** discussed treatment preferences, and **44.3%** were asked what was most important to them (wishes).

## Conclusion

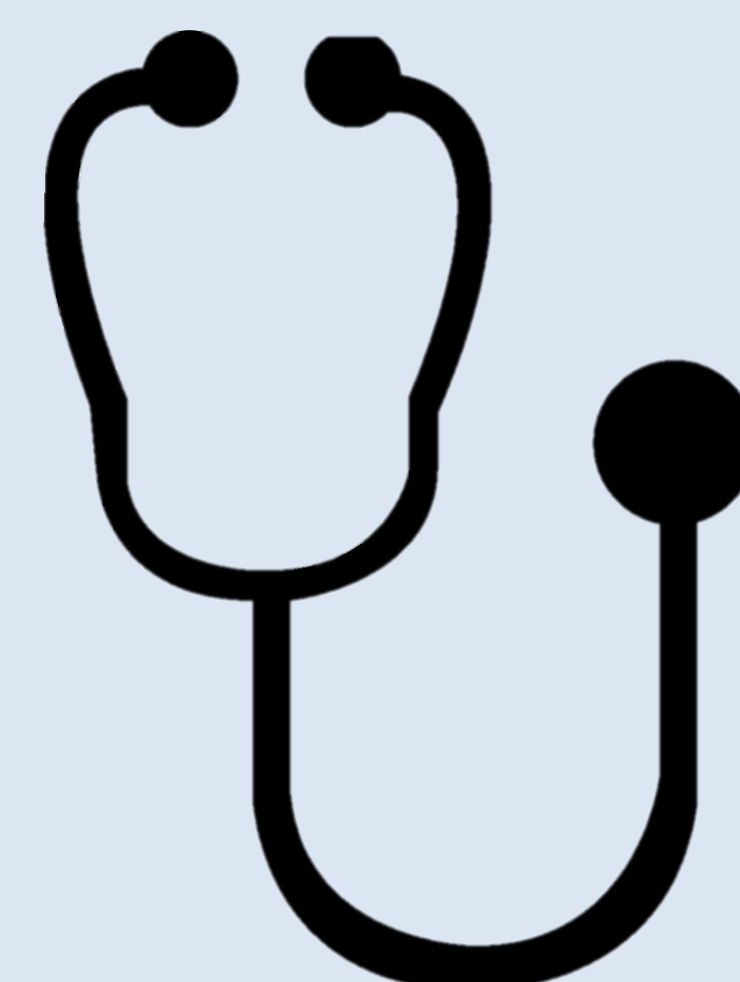
Over a 3-month period, patients reported both **high frequencies** and **high satisfaction** with advance care planning conversations.



**89%** of patients discussed at least one conversation element over 3 months

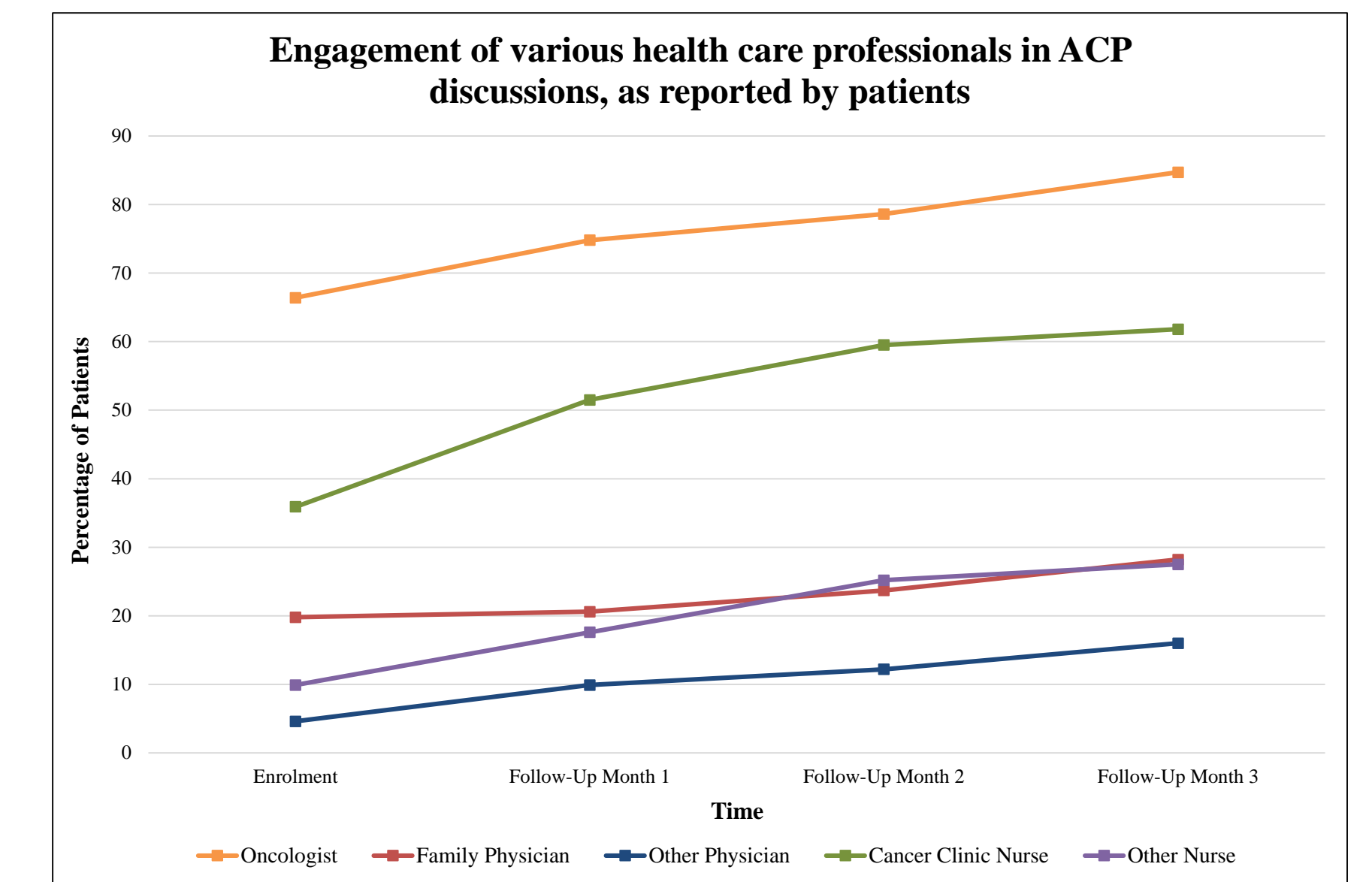


On average **92%** of patients were very satisfied or satisfied with their conversations each month

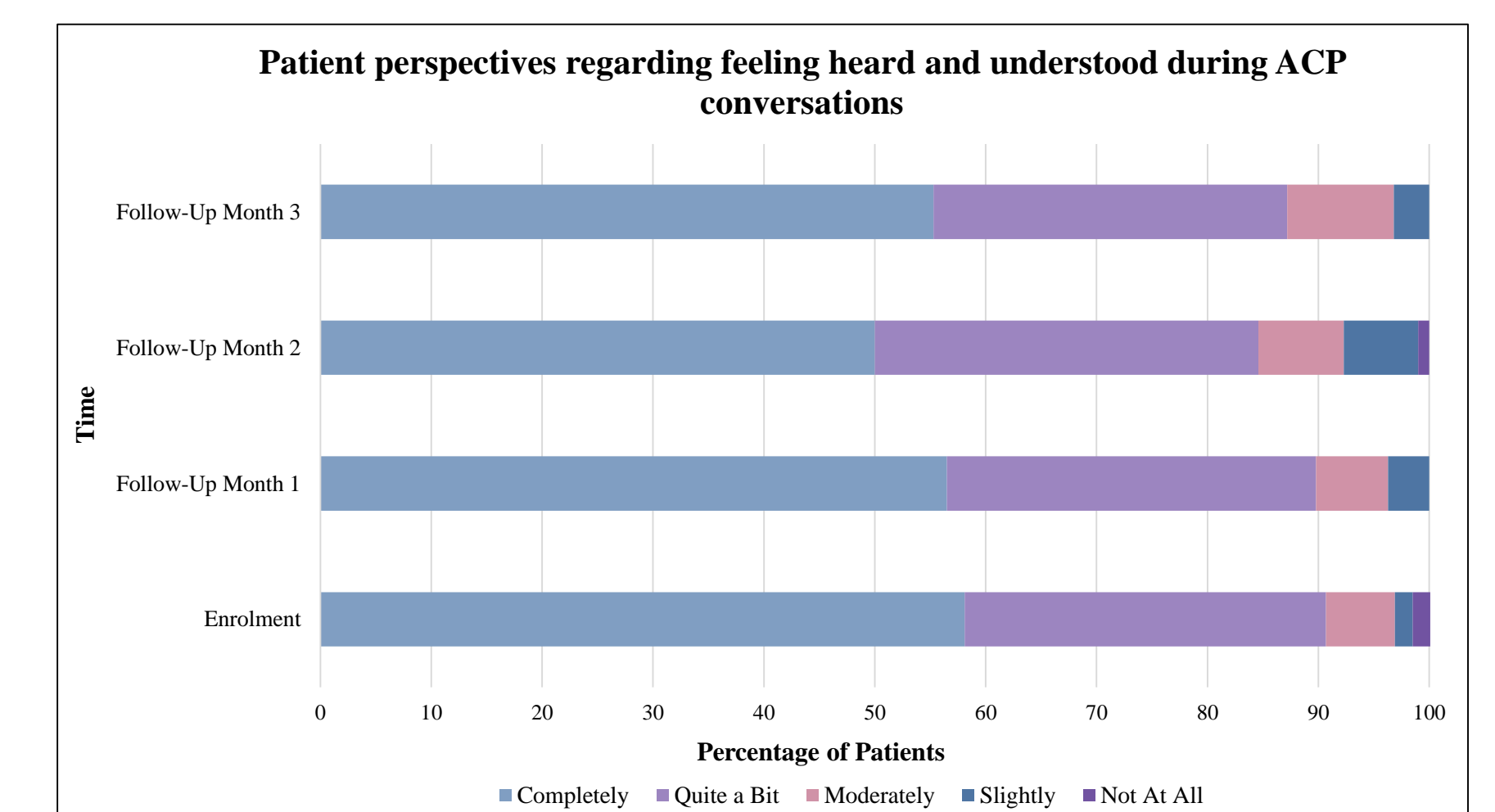
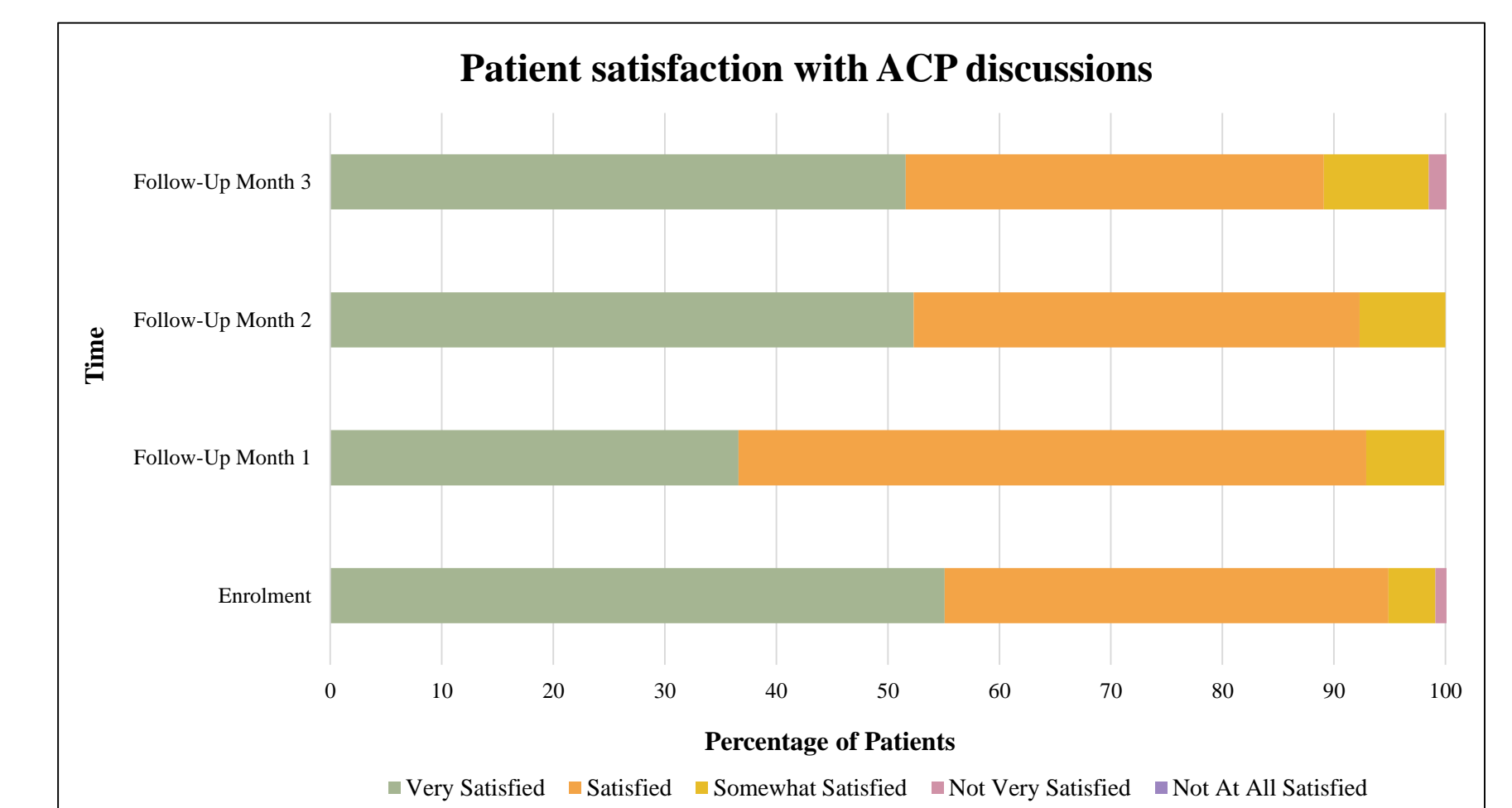


**84%** of patients discussed ACP elements most frequently with their oncologist

### RESULTS CONT'D



Most conversations occurred with cancer centre physicians and nurses.



Most patients felt satisfied with their ACP conversations and believed they were heard and well-understood during these conversations.

### IMPACT

Fewer patients were asked what was important to them (wishes, goals, beliefs) than other conversation elements. Longitudinal, patient-reported rates of discussion of individual ACP elements may be useful metrics for quality improvement interventions.

### ACKNOWLEDGEMENTS

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