Ready for the Future – Future Care Planning

Dr Stephanie Sivell

Marie Curie Research Centre, Cardiff University, Wales, UK

Prof Mark Taubert

Velindre University NHS Trust, Wales, and Cardiff University School of Medicine, UK

Background – What is Future Care Planning?

Future Care Planning (FCP) is an umbrella term, increasingly being applied in palliative care.

FCP has been adopted as part of several national strategies.

Favoured by patient/carer advocates as a more understandable term than **advance care planning**.

Advance care planning or anticipatory care planning ethos is one of FCP's core activities.

Includes and incorporates patients with diminished capacity at the time of information gathering.

A clear and consistent definition of FCP would support health and social care professionals working in frailty and palliative care.

Research Questions

Q1.	Is there a definition for ‘Future Care Planning’ in the existing literature?
Q2.	Is there a description of what a 'Future Care Plan' should look like or incorporate with regards to end-of-life care and advance care planning?

Aims

- To scope and identify definitions of ‘Future Care Planning’ in the existing literature
- To describe what a ‘Future Care Plan’ is, with regards to end of life care, and advance care planning, should look like and incorporate.

Methods

Scoping review of the evidence and guided by the methodology from the Palliative Care Evidence Review Service (PaCERS).

A search was conducted using four databases from January 1999 to 5 July 2024 and other information sources.

Throughout the review process we held regular meetings via Teams to discuss and solve emerging queries.

Results

Identified 21 articles

Range of document type/study design

11 articles included a definition of FCP

20 articles described what FCP should look like or incorporate with regards to end-of-life care and advance care planning

Results

- Advance Care Directive (ACD)
- Advance Care Planning (ACP)
- Advance Decision to Refuse Treatment (ADRT)
- Advance Decision (AD) synonymous with ADRT
- Advance Statement (AS)
- Decision Aid (DA)
- Do Not Attempt Cardiopulmonary Resuscitation (DNACPR)
- Enduring Power of Attorney (EPA)
- Enduring Power of Guardianship (EPG)
- Future Care Plan (FCP)
- Goals of Care Document (GCD)
- Health Care Directive (HCD)
- Inpatient Treatment Escalation Plan
- Lasting power of attorney (LPA) for health and wellbeing
- PErsonalised Advisory CarE or (Proactive Elderly Advance CarE) (PEACE) plan
- Plan Program (PAP)
- Record of Best Interests Decision (RBID)
- Shared Decision Making (SDM)
- State Administration Tribunal (SAT)
- Treatment Escalation Plan (TEP)

Results

Identified

- FCP works with health and social care professionals to consider what matters most to them nearer the end of life, in terms of their wellbeing and explore their wishes for any future care or support that the person may need.

Relevance

- FCP is relevant to every stage of life including those with diminished capacity at the time of information gathering and for whom a best interest approach should be followed, as defined by the Mental Capacity Act 2005[4].

Results

Legal Status

- FCP does not typically carry binding legal status (unless there is a lasting power of attorney or an Advance Decision to Refuse Treatment document).

Future Care Plans

- Future care plans should be recorded (including electronic patient records) and should be shared with those close to them, care givers, and professionals involved in their care.
- Future care plans may include the individual preferences about the nature, type and location of such services, and may also include discussions relating to individual's medical treatment and wishes for end-of-life care.

Moving Forward

Canolfan Ymchwil Canser Cymru Wales Cancer Research Centre | Palliative and Supportive Care Research Development

What does Future Care Planning look like within end-of-life care? A scoping review of the literature

February 2025

Clinical and Policy Implications:

The evidence base indicates that Future Care

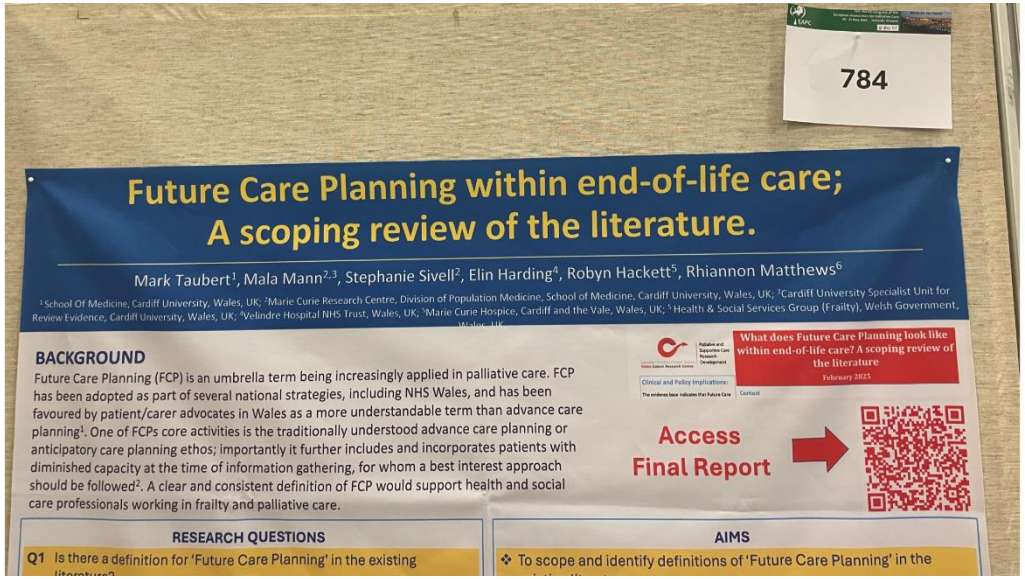
Context

There are a variety of definitions, acronyms and complexities of FCP, but this may become more streamlined in the future.

It is crucial to ensure the patient and those close remain at the core of both now and in the future.

This review provides a much-needed assessment of, and anticipate our findings will inform a Once for Wales approach to FCP.

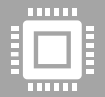
Clarity and consistency in the definition and implementation of Future Care Planning, is essential to ensure its integration into healthcare policy.



Mann M, Cahill C, Sivell S, Hackett R, Harding E, Taubert M.
Future Care Planning – State of the Science. BMJ Supportive and Palliative Care, In Press.

Implementing Planning in Practice

Pragmatic systems are essential to implementing future care planning in practice.



Systems are need to integrate between different health systems, particularly when heading towards end of life.

However, there are limited systems in their ability to deliver high-quality and timely information for patient focused end of life care.

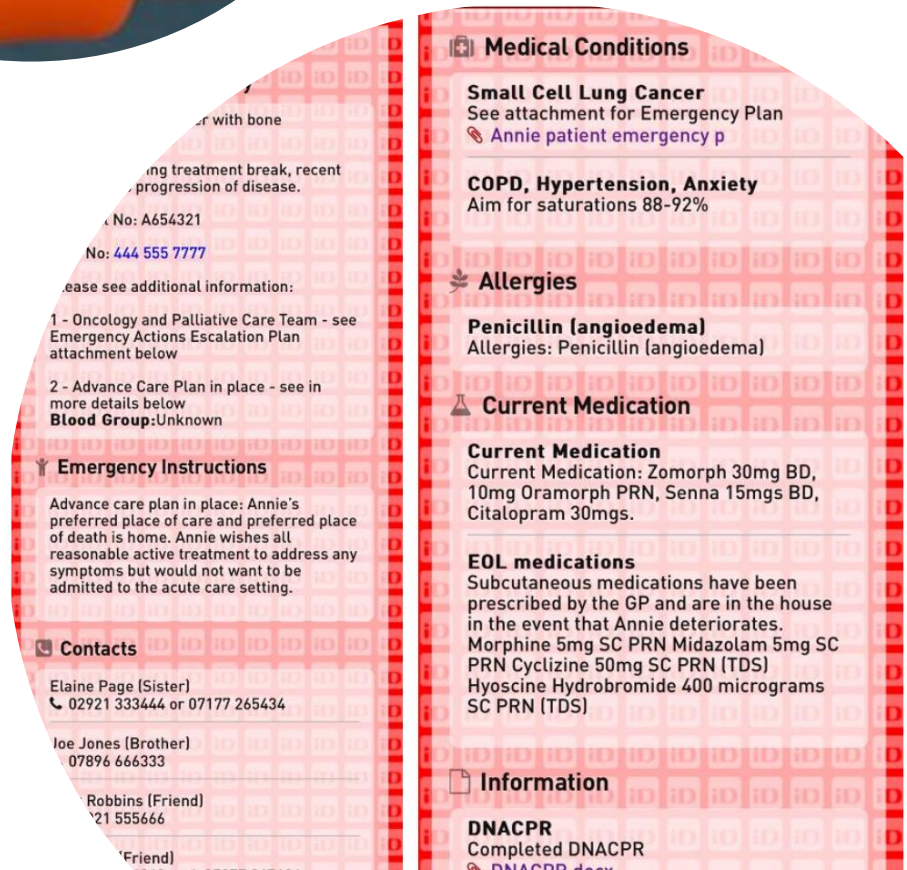
Existing systems in the UK include the ‘message in a bottle’ scheme, ReSPECT documentation forms and the sharing of advanced care plans but lack the ability for dynamic change and often rely on re-writing hard copy documentation.

QR Code Wristband

Technological advances can offer a platform-owned information sharing.

Wearable QR Code –which can provide instant links to the patient's web page containing essential patient specific information.

This will support clinical decision making and a record of patients' wishes and preferences.



Journal of PARAMEDIC PRACTICE

Journal Home | Current Issue | Archive | Authors | Subscribe | M

Journal of Paramedic Practice, Vol. 17, No. 1 · Research

Palliative care: a narrative review of information barriers faced by paramedics

Elin Harding, Stephanie Sivell, Nikki Pease

Published Online: 2 Jan 2025 | https://doi.org/10.12968/jpar.2024.0064

Forum | BMJ Supportive & Palliative Care Submit BMJ SP Care

Could QR-Based Information Sharing Platforms Be Acceptable to Specialist Nurses for Palliative Care Patients?

Posted on January 13, 2025

Authors:

Dr. Caitlin Cahill – Junior Clinical Fellow in Palliative Care, Velindre University NHS Trust, United Kingdom

Dr. Stephanie Sivell – Research Fellow, Marie Curie Research Centre, Division of Population Medicine, Cardiff University, UK

Prof. Nikki Pease – Professor of Palliative Medicine, Velindre University NHS Trust and Cardiff University, UK

Journal of PARAMEDIC PRACTICE

Journal Home | Current Issue | Archive | Authors | Subscribe | Mo

Journal of Paramedic Practice, Vol. 17, No. 1 · Research

QR code wristbands in palliative care: enhancing efficiency and outcomes

Ellin Harding, Stephanie Sivell, Ed O'Brian, Liba Sheeran, Nikki Pease

Published Online: 2 Jan 2025 | https://doi.org/10.12968/jpar.2024.0054

Forum | BMJ Supportive & Palliative Care Submit BMJ SP Care J

Quick Response Palliative Care: Are wearable medical identification wristbands with QR code technology acceptable to palliative care patients?

Posted on November 1, 2023

Dr Elin Harding, Palliative Medicine Doctor, Clinical Research Fellow, Velindre Cancer Centre, Cardiff, UK ORCID 0009-0003-7100-7998

Dr Martha Thomas, Foundation Year 1 Doctor, Princess of Wales, Bridgend, UK 0009-0004-5908-8550

Dr Nikki Pease, Palliative Medicine Consultant, Velindre Cancer Centre, Cardiff, UK 0000-0002-8994-749

References:

- 1. National Institute for Health and Care Excellence. *End of life care for adults: Quality Statement QS 13.* 2011 (updated in 2021).
- 2. Rietjens J, Sudore R, Connolly M et al. *Definition and recommendations for advance care planning: an international consensus supported by the European Association for Palliative Care.* s.l. : Lancet, 2017. 18(9):e543-e551.
- 3. Taubert M, Bounds L. *Advance and future care planning: strategic approaches in Wales.* e608-e612, s.l. : BMJ Supportive and Palliative Care, 2024, Vol. 14.
- 4. McIlfatrick S, Muldrew DHL, Hasson F, Payne S. *Examining palliative and end of life care research in Ireland within a global context: a systematic mapping review of the evidence.* 1, s.l. : BMC Palliative Care, 2018, Vol. 17. 109.
- 5. Huber K, Cassidy J, Brungardt A, Resman K et al. *Time for More Support? Stakeholder Engagement for a Long-Term Care Planning Dementia Decision Aid Prototype.* s.l. : Gerontology and Geriatric Medicine, 2023, Vol. 9.
- 6. Lewis H, Taubert M and Nelson A. *Virtual consultations: the experience of oncology and palliative healthcare professionals.* , s.l. : BMC Palliative Care , 2024, Vol. 23. 114.
- 7. M, Abel J and Taubert *Coronavirus pandemic: compassionate communities and information technology.* , s.l. : BMJ Supportive and Palliative Care, 2020, Vol. 10. pp 369-371.
- 8. Hayes N, Kalsi T, Steves C et al. *Advance Care Planning (PEACE) for care home residents in acute hospital setting: impact on ongoing advance care planning and readmissions.* s.l. : BMJ Supportive & Palliative Care, 2011, Vol. 1.
- 9. Kernick L, Hogg K, Johnson M. *Does advance care planning in addition to usual care reduce hospitalisation for patients with advanced heart failure: a systematic review and narrative synthesis.* 10, s.l. : Palliative Medicine, 2018, Vol. 32.
- 10. Healthcare Improvement Scotland, *The cost of avoidable hospital admissions from 20 care homes in Edinburgh: calculating the value of anticipatory care planning.* s.l. : 2020.
- 11. Kinley J, Denton L, Levy J *Improving the approach to future care planning in care homes. .* s.l. : International journal of Palliative Nursing, 2018, Vols. 24(12):576-583.
- 12. Mann M, Sivell S, Hackett R, Harding E and Taubert M. *What does Future Care Planning look like within end-of-life care? A scoping review of the literature.* Cardiff : Palliative Care Evidence Review Service, 2025.
- 13. Taubert M, Duffy T. *Change in definitions of advance and future care planning.* s.l. : British Medical Journal, 2024, Vol. 385:q827.
- 14. Denvir MA, Murray SA, Boyd KJ. *Future care planning: a first step to palliative care for all patients with advanced heart disease.* s.l. : BMJ Open, Vols. 101(13):1002-7.
- 15. Jorgenson A, Sidebottom AC, Richards H, Kirven J. *A Description of Inpatient Palliative Care Actions for Patients With Acute Heart Failure.* s.l. : Am J Hosp Palliat Care, 2016, Vols. 33(9):863-870.
- 16. Tavabie S, Ta Y, Stewart E, et al Seeking Excellence in End of Life Care UK (SEECare UK): a UK multi-centred service evaluation BMJ Supportive & Palliative Care 2024;14:e1395-e1401.

Thank You

Professor Mark Taubert, Velindre NHS Trust, Wales, UK

Professor Nikki Pease, Velindre NHS Trust, Wales, UK

Ms Mala Mann, SURE, Marie Curie Research Centre, Cardiff University, Wales, UK

Dr Elin Harding, Velindre NHS Trust, Wales, UK

Dr Caitlin Cahill, Velindre NHS Trust, Wales, UK

Dr Robyn Hackett, Velindre NHS Trust, Wales, UK

Rhiannon Mathews, Health & Social Services Group (Frailty), Welsh Government, Wales, UK.