What was the research about?
Advance care planning is a process that supports adults at any age or stage of health in understanding and sharing their personal values, life goals, and wishes about future care. The goal is to help people receive care that aligns with their values, goals, and wishes during serious illness or injury. Advance care planning wishes may be documented in legal forms called advance directives, or ADs. They can also be shared with family, friends, and clinicians in conversations. Many older adults, especially Spanish-speaking adults, haven't engaged in advance care planning.

In this study, the research team wanted to prepare Spanish-speaking older patients for engaging in advance care planning. The team compared patients in one of two groups:

- **PREPARE group.** Patients viewed a website, called PREPARE, that has information about advance care planning in Spanish and an easy-to-read AD. They also received a pamphlet and DVD to take home. The team called patients to remind them to talk about advance care planning at their next primary care visit and to bring the AD to the visit.

- **AD-only group.** Patients received only the easy-to-read AD and a phone call reminder about their primary care visit.

What were the results?
Compared with patients in the AD-only group, patients in the PREPARE group
- Were more likely to have their wishes documented in their health record
- Were more likely to engage in advance care planning activities, such as conversations, at each follow-up visit in the next year

Who was in the study?
This study included 445 Hispanic or Latino patients who spoke Spanish and had two or more long-term health problems. Patients received care at one of four clinics in San Francisco. These clinics serve patients who have low incomes and have public insurance. The average age was 64, and 72 percent were women.

What did the research team do?
The research team created easy-to-read ADs and an easy-to-use PREPARE website for Spanish-speaking older adults. PREPARE guides users through five planning steps for medical decision making. PREPARE focuses on patient wishes and how to discuss them with family, friends, and clinicians. The research team showed patients the materials in study offices.

The research team looked at whether patients had their advance care planning wishes in their health record at the start of the study. They looked again 15 months later to see if there were new records of patients’ wishes. The team also asked about advance
care planning activities, such as talking to family, friends, and clinicians, at the start of the study and up to 12 months after their primary care visit.

**What were the limits of the study?**
All patients received care at clinics in San Francisco. Results may differ for patients in other areas and at other clinics.

Future research could include patients in other locations and health systems. Researchers could also look at whether advance care planning helps people match the care they want with the health care they receive over their life course.

**How can people use the results?**
Spanish-speaking patients could consider using the easy-to-read ADs and the PREPARE website when doing advance care planning.

*To learn more about this project, visit www.pcori.org/Sudore191.*