

Anticipatory care planning in primary care for people living at home or in a care home (ISRCTN54516639)

- Participant Flow:**

We have not provided a flow diagram as this was a mixed-method, exploratory study of a care planning intervention not a clinical trial.

1) Primary care population screening data from two national searches of Scottish GP health records for patients aged 16 or over using the AnticiPal search tool:

	October 2022		September 2023	
Practices	Number	List Size	Number	List Size
Data returned	871	5,565,904	862	5,669,732
Data not returned	36	267,881	35	294,850
Total	907	5,833,785	897	5,964,582

Overall totals				
	2022		2023	
Age band	Frequency	Percentage	Frequency	Percentage
16-64	7001	21	7626	21
65-84	15727	47	16987	48
85+	10477	32	10911	31
Total	33205	100	35673	100

Overall totals				
	2022		2023	
Sex	Frequency	Percentage	Frequency	Percentage
F	19845	60	21229	60
M	13360	40	14403	40
Total	33205	100	35673	100

AnticiPal screening results	Included October 2022	Included September 2023
AnticiPal included (aged 16 or over)	33,205	35,673
Population returned	5,565,904	5,669,732
Included percentage	0.6%	0.6%

- 2) 4ACP care planning implementation case studies in 4 Scottish Health Boards. Due to pandemic pressures on primary care teams, it proved difficult to recruit GP practices so our sampling was entirely pragmatic as was recruitment of patients and carers for interview.

16 GP practices recruited from 4 diverse Scottish Health Boards covering urban, semi-urban and rural populations.

13 GP practices were able to participate to a meaningful extent: NHS Lothian (3), NHS Greater Glasgow and Clyde (6), NHS Highland (3), NHS Forth Valley (1).

Total patient list sizes for completed case study practices

98, 594 (2022 national data)
104,313 (2023 national data)

AnticiPal screening for case study practices: total listed patients

624 (0.63%) – 2022

663 (0.64%) - 2023

Range of number of patients on AnticiPal lists: 3-235

- **Baseline Characteristics:**

10 patients and/or carers recruited for interview across 4 Health Boards

Greater Glasgow (2), Lothian (6), Forth Valley (1), Highland (3)
All had a recent conversation with a GP about care planning

- **Outcome Measures:**

Primary Outcome Measure: Patient and/or linked informal carer attitude about the acceptability of anticipatory care planning (ACP), assessed using qualitative interviews at two timepoints within 6 and 12 weeks of having an ACP conversation.

Low study recruitment and time delays meant that fewer first interviews were conducted and there were no follow up interviews.

Positive experiences:

- Being invited for a review by the practice and personalised care planning

Expectations:

- People expected conversations to focus on decisions about resuscitation or stopping treatments.
- Some preferred not to “think about it” except when necessary but still appreciated having a discussion with their GP.

There were no secondary outcome measures in this study.

- **Adverse Events:**

There were no adverse events or negative participant experiences associated with this study.