

# Exploring perspectives on the nutrition and hydration components of advance care planning for persons with dementia: proposed research

Amanda Dupperon<sup>1</sup>, Julie Kosteniuk<sup>1,2</sup>, Allison Cammer<sup>2,3</sup>

1. College of Medicine, University of Saskatchewan
2. Canadian Centre for Rural and Agricultural Health, University of Saskatchewan
3. College of Pharmacy and Nutrition, University of Saskatchewan



# Background



Advance care planning (ACP) is a vital part of medical care but is often incomplete



Only 7% of Canadians report having ACP discussions with their primary healthcare provider [1]



This is due to several factors including:

Resource constraints

Provider understanding and confidence

Comfort with difficult discussions.[2]




Decisions regarding nutrition and hydration at end of life are particularly ethically challenging [3]





# Research Questions



What are the factors that enable or limit creation of nutrition and hydration components of advance care plans for persons with dementia, from the perspective of:

1. Primary healthcare providers
2. Relevant collaborators
3. Family member caregivers



# Methods

Mixed methods explanatory design

1. **Primary healthcare providers:** cross-sectional survey
2. **Relevant collaborators:** semi-structured interviews
3. **Family member caregivers:** semi-structured interviews





## Patient & Family Partners Needed!

- Are you a caregiver for a loved one with dementia?
- Are you interested in joining a research team as a partner?

For more information, please contact me, Amanda Dupperon

**Email:** [amr815@usask.ca](mailto:amr815@usask.ca)



*\*Honoraria will be provided through the Saskatchewan Centre for Patient-Oriented Research (SCPOR)*