



COVID-19 CLINICAL SOLUTIONS

What did you do?

I developed an infographic handout designed for patients/the public to help prepare them for advance care planning and future decision-making in the context of COVID-19, and that can facilitate physicians in having COVID-19 specific decision-making conversations with patients.

Who are you?

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What was the problem?

Patients and colleagues alike struggle with general advance care planning. With the COVID-19 context, we need to help patients understand how COVID-19 could affect their health (especially with co-morbidities or higher risk of severe COVID-19) regarding functional outcomes and morbidity, rather than just mortality statistics, to help with their advance care planning.

What was the solution?

I have developed an infographic handout that describes symptoms and risk factors for severe COVID-19, and depicts COVID-19 statistics from what is published in literature thus far with regards to mortality, disease severity and early ICU outcomes from China, Italy and the UK. The handout was reviewed for feedback by 12 people from a variety of backgrounds (marketing, medicine, patients, social work, pharmacy, law) for usability in their own decision-making. To help the public understand the morbidity from this disease and how this could impact their health beyond that of mortality, the infographic also explains what functional outcomes have been described following intubation and CPR in general, to help patients make informed advance care planning decisions. This, in turn, helps physician colleagues with being able to discuss critical illness outcomes with patients in terms of functional outcomes in an understandable way with reliable information at the ready. The second part of the infographic then walks patients/the public through the process of using this information to think about their own context and priorities, choosing a substitute decision-maker and overall advance care planning. This infographic, available in two formats including a larger font version, has been very well-received by patients and colleagues in my family medicine community, as well as colleagues in Emergency Medicine, General Surgery, Anaesthesia, Oncology and Palliative Care, who have reported back on its benefit in use with their patient populations. Three hospitals in Canada in two other provinces have reached out to have it adapted to

their local context. The online blog that houses the handout for open access download has had 1500 views and downloads in 10 days while photos of the handout that I posted has had more than 20,000 views on Twitter over the same time span.

Where can we find out more?

I have posted the handout developed for patients on my academic blog: <http://amytanmd.ucalgaryblogs.ca/2020/04/01/acp-in-covid-19-times/>, along with instructions on how to use the handout in preparation for discussing their wishes and preferences with their loved ones and their family physician. It is also posted on my Twitter profile: @AmyTanMD.

<https://bjgp.org>