

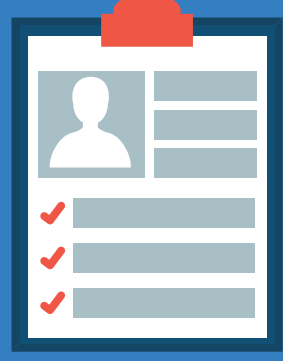
UNCOVERING THE AWARENESS OF ADVANCE CARE PLANNING (ACP) AMONG MALAYSIAN PUBLIC



Nadia Hani Jahaya, Sheikh Shafizal Sheikh Ilman^{*1}, Nurashma Juatan¹, Zaikiah Mohd. Zin¹,
Abu Bakar Rahman¹, Mariatul Umeera Muhammad Dahaban¹

¹Institute for Health Behavioural Research, National Institutes of Health, Ministry of Health Malaysia

Introduction



Advance Care Planning (ACP) encompasses the capacity to empower individuals in articulating their future medical treatment and care objectives, engaging in dialogues about these intentions with family and medical professionals, and documenting and revisiting these preferences as deemed suitable (Rietjens et al., 2017).



Moreover, it prevents unnecessary or unwanted interventions by fostering dialogue between patients, healthcare providers, and surrogates. This practice is believed to empower patients and bolster hope rather than diminish it (Davison and Simpson, 2006), with mounting evidence demonstrating its enhancement of end-of-life care, leading to heightened satisfaction levels among patients and their families (Tierney et al., 2001).



As of now, there is no legal framework endorsing ACP in Malaysia. When a patient in Malaysia enters a crucial juncture demanding a significant choice regarding the necessity of aggressive medical measures to extend life, the responsibility for the decision typically rests with either the medical professionals or the patient's closest relatives. (Lai et al., 2016).

Objective

To identify the awareness of ACP among the public.

Methodology

STUDY POPULATION
Public residents in Malaysia

02

SAMPLING TECHNIQUE
Snowball sampling

04

DATA COLLECTION PERIOD
March – April 2022

06

01

STUDY DESIGN
Cross-sectional study
(online survey)

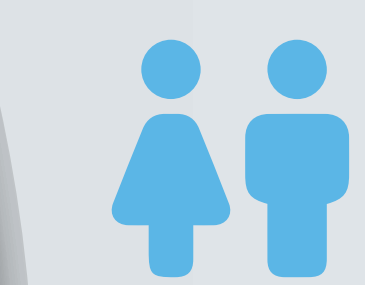
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SAMPLE SIZE
1227 respondent

05

INCLUSION CRITERIA
Malaysians aged 18 years and older
with internet access

Demographic Profile



GENDER

Male (32.6%)
Female (67.4%)



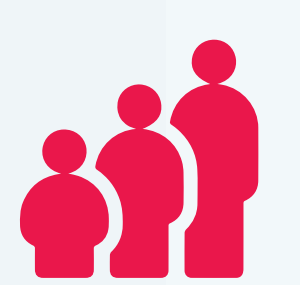
ETHNICITY

Malay (68.5%)
Chinese (15.4%)
Indian (6.6%)
Bumiputera Sabah (6.0%)
Bumiputera Sarawak (2.6%)
Others (0.9%)



RELIGION

Islam (74.8%)
Christian (9.9%)
Buddhism (9.1%)
Hinduism (5.0%)
Others (1.1%)



AGE GROUP

18-25 (2.4%)
26-35 (22.5%)
36-45 (41.3%)
46-55 (21.8%)
56-59 (3.4%)
Above 60 (8.5%)



EDUCATION LEVEL

Primary (0.1%)
Secondary (12.0%)
Cert/Dip/Found./
Matriculation (23.1%)
Tertiary (64.8%)



MARITAL STATUS

Single (23.1%)
Married (71.3%)
Widowed (3.7%)
Divorced (1.9%)



HAVING HEALTHCARE INSURANCE

Yes (62.0%)
No (37.9%)



LIVING ALONE

Yes (11.9%)
No (88.1%)



HOUSEHOLD GROSS INCOME

Below RM2000 (7.5%)
RM2001-RM5000 (32.4%)
RM5001-RM8000 (23.1%)
Above RM8001 (37.1%)



MAIN EMPLOYMENT STATUS

Full Time (83.8%)
Part Time (2.9%)
Student (1.9%)
Government Pensioner (4.3%)
Private Pensioner (3.4%)
Unemployed (3.7%)

Results

Among respondents who knew about ACP, 63.9% had insurance and 72.4% understood its meaning. Primary sources of ACP information included healthcare personnel (70.8%), social media (48.8%), and mass media (30.6%). The study revealed higher awareness of ACP among women and individuals with tertiary education, consistent with previous research.

Ever Hear of ACP Based On

	n	%
Gender		
Male	129	33.2
Female	259	66.8
Having Insurance		
Yes	248	63.9
No	140	36.1
Ethnicity		
Malay	234	60.3
Chinese	87	22.4
Indian	32	8.2
Sabah Native	24	6.2
Sarawak Native	8	2.1
Others	3	0.8
Income		
Below RM2001	27	7
RM2001- RM5000	117	30.2
RM5001-RM8000	84	21.6
Above RM8000	160	41.2
Education Level		
Tertiary Education	251	64.7
Cert/Dip/Found. /Matriculation	98	35.3
Secondary School	38	9.8
Primary School	1	0.3
Age		
18-25	30	21.4
26-35	276	22.5
36-45	507	41.3
46-55	268	21.8
56-59	42	3.4
≥60	104	8.5

Table 1: Ever Heard of ACP Based on Different Sociodemographic Characteristics

Ever Knew ACP Based On

Medium	Health Care Personnel	Social Media	Mass Media	Friends	Relatives	Others
n (281)	199	131	86	41	30	13
%	70.8	48.8	30.6	14.6	10.7	4.6

Table 2: Ever Knew ACP based on Various Sources

Conclusion

Respondent's awareness of ACP led to a notable intention to discuss it in the future, highlighting its relevance for decision-making in times of incapacity. Promoting ACP to the Malaysian public, particularly among those aged 36 to 45, is crucial to ensure widespread access to ACP.

Recommendation

Incorporating ACP models should acknowledge the significance of family dynamics, particularly in broader Asian contexts. The establishment of consistent guidelines and methodologies could grant healthcare practitioners the authority to facilitate ACP processes.

Acknowledgements

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