

Using Videos to Surmount Health Literacy Barriers at the End of Life

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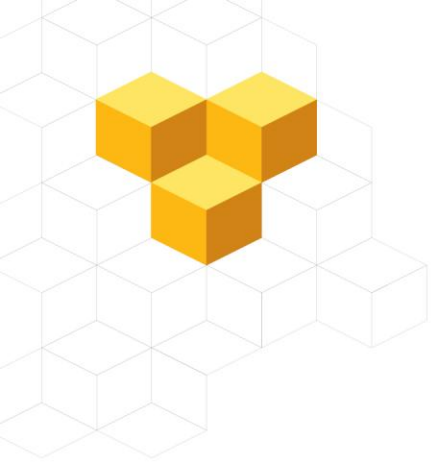
Massachusetts General Hospital

Harvard Medical School



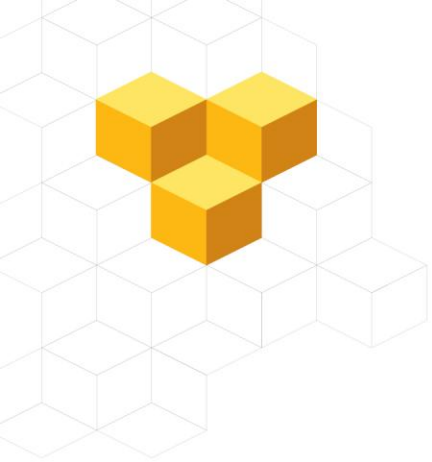
NIH SUMMIT: THE SCIENCE OF
ELIMINATING HEALTH DISPARITIES





Goals

- **Introducing Advance Care Planning**
- **Pilot Work Using Video**
- **Future Directions**
- **Relevance to Health Disparities**



Advance Care Planning

- **Structured Discussion**
- **Hypothetical Prognosis**
- **Imagining the Unimaginable**

Values





Disease





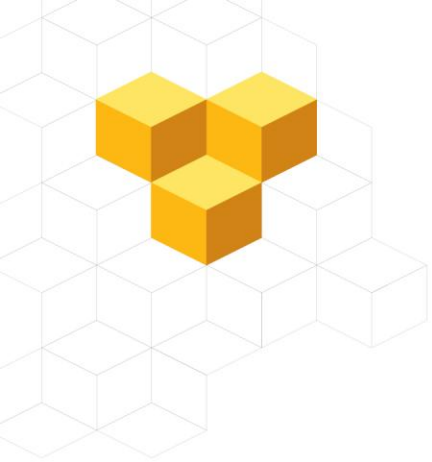
Goals of Care





Premises

- **Verbal Communication**
- **Health Literacy Prevalence**
- **A New Model for ACP**



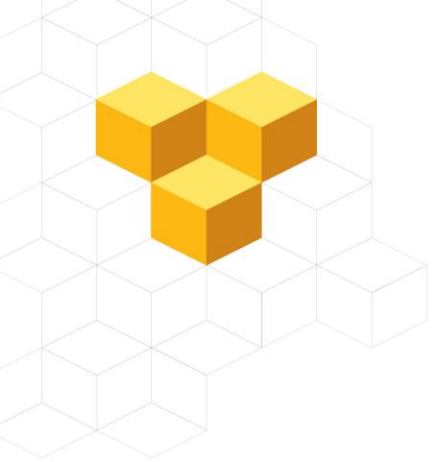
Methodology

- **RCT of Video Decision Aid**
- **Half of Subjects Verbal Description**
- **Half of Subjects Get Video**
- **Oral Survey Selecting Goals of Care**
 - Life-Prolonging
 - Limited
 - Comfort



Verbal Description

“I am going to describe to you an illness called advanced dementia, like advanced Alzheimer’s dementia, that you may or may not be familiar with. Advanced dementia is an incurable disease of the brain in which one is not able to communicate with others. People in advanced dementia are not able to move around or walk, get out of bed independently, eat by oneself, or communicate understandably with others. People with advanced dementia often have difficulty chewing or swallowing, and require assistance with feeding oneself. Advanced dementia is an incurable disease and most commonly occurs after many years of Alzheimer’s disease or as the result of strokes. People are not able to answer any questions or tell you about themselves.”



Video



Outcomes

- **Primary Outcome**

- Level of Medical Care in each arm

- **Secondary Outcome**

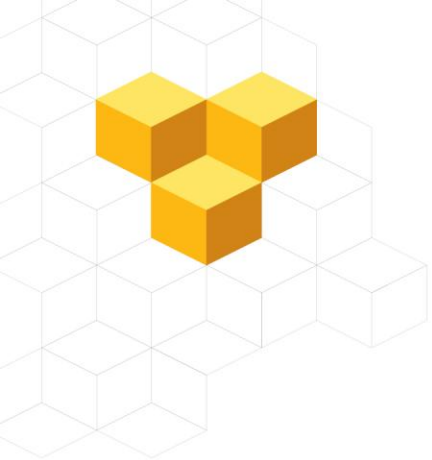
- Preferences by Race and Health Literacy

- **Health Literacy measured by REALM**

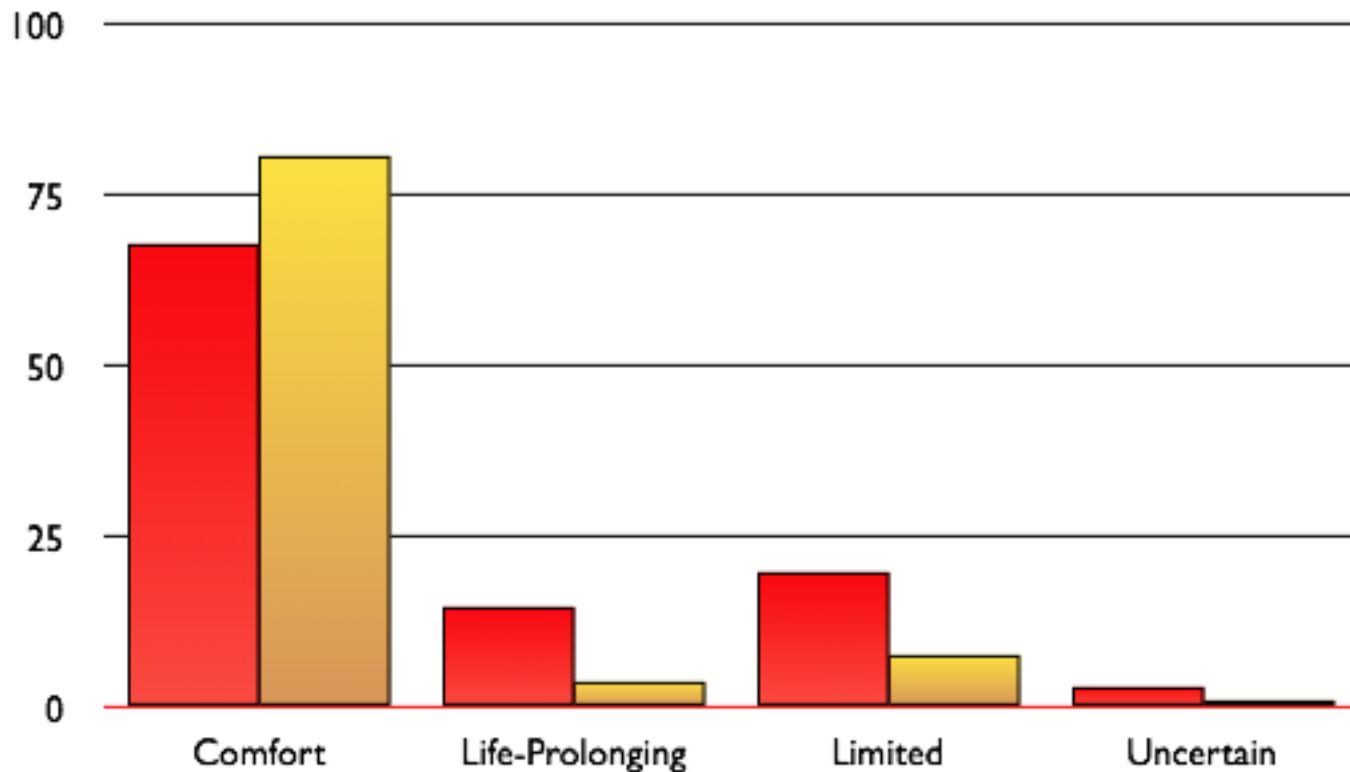
- Less than 6th grade
- 7-8th grade
- 9th grade or higher



| Characteristics | Verbal (N=106) | Video (n=94) |
|--------------------------|-------------------|-----------------|
| Age, Mean (SD) | 75 (8) | 75 (8) |
| Women, No. (%) | 59 (55.7) | 57 (60.6) |
| Race, No. (%) | | |
| African-American | 35 (33.0) | 24(25.6) |
| White | 71 (67.0) | 70 (74.4) |
| Health Literacy, No. (%) | | |
| ≤ 6th Grade | 19 (17.9) | 16 (17.0) |
| 7-8th Grades | 15 (14.2) | 9 (9.6) |
| ≥9th Grade | 72 (67.9) | 69 (73.4) |



Preferences by Group





ODDS OF CHOOSING COMFORT CARE

| Randomization | Frequency in Subjects Choosing Comfort Care | Unadjusted Odds Ratio (95% CI) | Adjusted Odds Ratio (95% CI) |
|---------------------------------|---|--------------------------------|------------------------------|
| Verbal | 68 (64.2) | 1 [Reference] | 1 [Reference] |
| Video | 81 (86.2) | 3.5 (1.7-7.1) | 3.9 (1.8-8.6) |
| Race, No. (%) | | | |
| African-American | 30 (50.8) | 1 [Reference] | 1 [Reference] |
| White | 119 (84.4) | 5.2 (2.6-10.4) | 2.9 (1.3-6.6) |
| Health Literacy, No. (%) | | | |
| ≤ 6th Grade | 16 (45.7) | 1 [Reference] | 1 [Reference] |
| 7-8th Grades | 14 (58.3) | 1.7 (0.58-4.7) | 1.7 (0.54-5.3) |
| ≥9th Grade | 119 (84.4) | 6.4 (2.9-14.4) | 4.1 (1.6-10.8) |



Conclusions

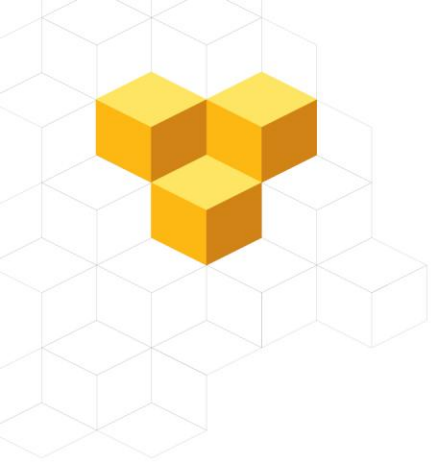
- **Health Literacy Moderates Race**
- **Importance of Evaluating Literacy in Research**
- **Video Surmounts Communication Barriers**



Future Directions

CPR & Goals of Care





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