



*****Media release*****

New research supports advanced care planning

An advanced care plan improves end-of-life care for patients, a research study by Respecting Patient Choices has confirmed.

In a study of more than 300 inpatients over the age of 80, chief lead investigator Dr Karen Detering and her team found that end-of-life wishes were more likely to be known and followed in the group that were given an advanced care plan (86 per cent) compared to a control group (30 per cent).

In addition to that, family members of patients who received an advanced care plan experienced significantly less stress, anxiety and depression than those of control group patients, and general patient and family satisfaction with the care given was also much higher in the group who received advanced care plans.

Dr Detering said that the research supports the work that Austin Health has been doing with advanced care planning, including the introduction last year of resuscitation plans for every patient over 75, to describe what life prolonging treatments they want.

For more about the Respecting Patient Choices, please visit their [website](#).