



5th International Conference on  
**Advance Care Planning  
and End of Life Care**

9–12 September 2015  
Munich, Germany

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## **Research Workshop II: The challenge of conducting Randomised Controlled Trials (RCTs) to study ACP effectiveness. Practical insights from 4 current RCTs**

Co-Chairs: Josephine M Clayton<sup>1</sup>, Carmen H.M Houben<sup>2</sup>

With ongoing RCT's presented by Carmen H.M Houben<sup>2</sup>, Joni Gilissen<sup>3</sup>, Agnes van der Heide<sup>4</sup>, and Martin HN Tattersall<sup>5</sup>

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Randomised controlled trial (RCT)s are considered the gold standard for evaluating interventions in healthcare settings. RCTs can be challenging to implement when evaluating complex interventions like advance care planning (ACP). Yet high quality research is needed to inform policy makers and guide funding bodies regarding the effectiveness and cost effectiveness of ACP.

In this workshop you will hear from four researchers who are leading or designing large funded RCTs of ACP interventions in different countries and patient groups or settings (cancer, chronic obstructive pulmonary disease and nursing homes). Recruitment is underway for two of the studies. The researchers will each present their study design, outcome measures, challenges experienced to date in implementing their research protocols and how these challenges were overcome (and/or challenges they are still looking to find a solution for).

Following this there will be group and panel discussions regarding possible ways forward to overcome challenges in RCT design, outcome measurement, process evaluation, and recruitment in ACP research. Participants will be asked to contribute suggestions and questions for the panel.

This workshop will help those considering evaluation studies of ACP interventions to weigh up possible outcome measures, and hear practical strategies for RCT study design and implementation. It may also allow possibilities for international collaborations and sharing of approaches to common problems.



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**Schedule for Research Workshop II:**

***The challenge of conducting Randomised Controlled Trials (RCTs) to study ACP effectiveness. Practical insights from 4 current RCTs***

14.00	J Clayton, C Houben	Welcome, Introduction
14.10	Tattersall, M	Advance care planning in incurable cancer patients with disease progression on first line chemotherapy: a randomised trial (Australia)
14.35	van der Heide, A	Advance Care Planning – an innovative palliative care intervention to improve quality of life in cancer care (ACTION): a multi-centre cluster randomised controlled trial (several European countries)
15.00	Houben, C	A randomized controlled trial on the efficacy of advance care planning on the quality of end-of-life care and communication in patients with COPD (Netherlands)
15.25	Break	
15.40	Gilissen, J	Communication about the end of life in nursing homes: a cluster randomized controlled trial (Belgium)
16.05	Panel	Group discussion with the auditory