

Grant recipient: Lenise Clothier

Grant: Synthesising the Evidence Grant 2025

Title of project: Effectiveness of interventions to increase the proportion of older adults admitted with fragility fracture with an advanced care plan: a systematic review

Abstract:

Advance Care Planning aims to ensure a patient's wishes are understood and respected, even if they become too unwell to make or communicate decisions about health and care for themselves.

Most older adults have not made an Advance Care Plan (ACP), and in a crisis situation uncertainty over their wishes can create stress for them, their families and healthcare workers.

Cultural, religious, ethnicity, education and socioeconomic factors may play a part in why some patients, their families and their healthcare providers lack the confidence to discuss an ACP.

When an ACP has been made, it may not consider the implications of some emergency situations, and fragility fractures are a common example of this.

We aim to examine existing research on how ACPs might affect the care of frail older adults who come to hospital after a fragility fracture; seeking to understand:

- what interventions are used
- when and where they take place, and what outcomes are measured
- whether the interventions increased the number with an ACP
- whether this influenced care,
- whether this improved outcomes, including quality of life
- how this affected their and their family's experience at end-of-life

We will search databases, identify relevant studies and collect study details including the population, intervention, and outcomes measured. We will bring this information together to see whether reported interventions increased the number of older adults with an ACP.

Input from patient and public groups will ensure our review is relevant, inclusive, and provides appropriate person-centred care to frail patients with a fragility fracture.