



## Project lay summary

### 4-Actions Care Planning (4-ACP) in Primary Care

Anticipatory Care Planning (ACP) in Scotland helps people discuss their goals and preferences and make plans for future changes in their health and care that are recorded, shared and reviewed whenever that is needed. ACP helps anyone with underlying health conditions or disabilities, particularly if their health could change. ACP is about being better prepared for changes in health, and making plans for health and care if someone becomes seriously ill or is unable to make their own health decisions.

Four actions are needed for good Anticipatory Care Planning (ACP) in the community:

1. Searching GP practice records regularly to help primary care teams find people who can benefit from ACP.
2. Prioritising people and families with complicated needs, unstable or declining health for ACP conversations.
3. Having individual ACP discussions with people living at home or in a care home and involving those close to them.
4. Sharing agreed ACP plans securely with NHS and care professionals/teams.

To improve ACP in Scotland, this research involves patients, care home residents, families and primary care teams in 24-36 GP practices from four Scottish Health Boards.

1) The NHS Scotland approved IT company (Albasoft) can analyse data from GP practices across Scotland. Using our search tool for electronic records (AnticiPal), we can extract data securely and find out how many people in Scotland might need ACP. GP practices can use AnticiPal on their own registered lists of patients to help identify who might benefit from ACP.

2) Primary care teams and care home staff providing ACP for people registered with the study GP practices will work with the researchers, to record what happens, and look at how ACP can be improved and made available across Scotland.

3) People who have ACP discussions during the study are invited to take part in two interviews about their experiences, and the outcomes of having their own ACP plan.

Our public-patient involvement team is advising us throughout the project.