

Application of Advance Care Planning Workshop in Undergraduate Nursing Students

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Abstract

Background: Advance care planning (ACP) aims to help individuals receive care that is consistent with their values and preferences at the end of life (EOF). Given the key role nurses play in the ACP team, training nursing undergraduates in ACP is essential to ensure a high quality of life for patients at the EOF. The purpose of this study was to evaluate the effect of the workshop in the training of nursing undergraduates in ACP, and to provide a reference for future ACP-related education. *Methods:* 86 nursing undergraduates from a university in Henan Province, China, were recruited and were randomly divided into an observation group and a control group on a class-based. Observation group participated in 7 weeks of ACP workshop activities. The Medical Student ACP Knowledge, Attitude, and Practice Questionnaire and the Training Satisfaction Questionnaire were used before and after the intervention to evaluate the effect of the intervention. *Results:* Post-intervention undergraduate nursing students in the observation group had higher ACP knowledge, ACP attitudes, and behavioral willingness to assist patients with ACP practice than those in the control group ($P<0.05$). Undergraduate nursing students in the observation group were more satisfied with all aspects of workshop instruction, with satisfaction scores greater than 4.5 for all entries. *Conclusion:* The ACP workshop significantly improved undergraduate nursing students' knowledge of ACP, attitudes toward ACP, and behavioral willingness to assist patients with ACP practices, and was well liked by the students, so it can be popularized.

Keywords

Hospice Care, Advance Care Planning, Nursing Education, Nursing Student, Workshop