

Informatiebijeenkomsten stimuleren ouderen te gaan praten over hun wensen

Tessa Bergman, Annicka van der Plas, Roeline Pasman & Bregje Onwuteaka-Philipsen

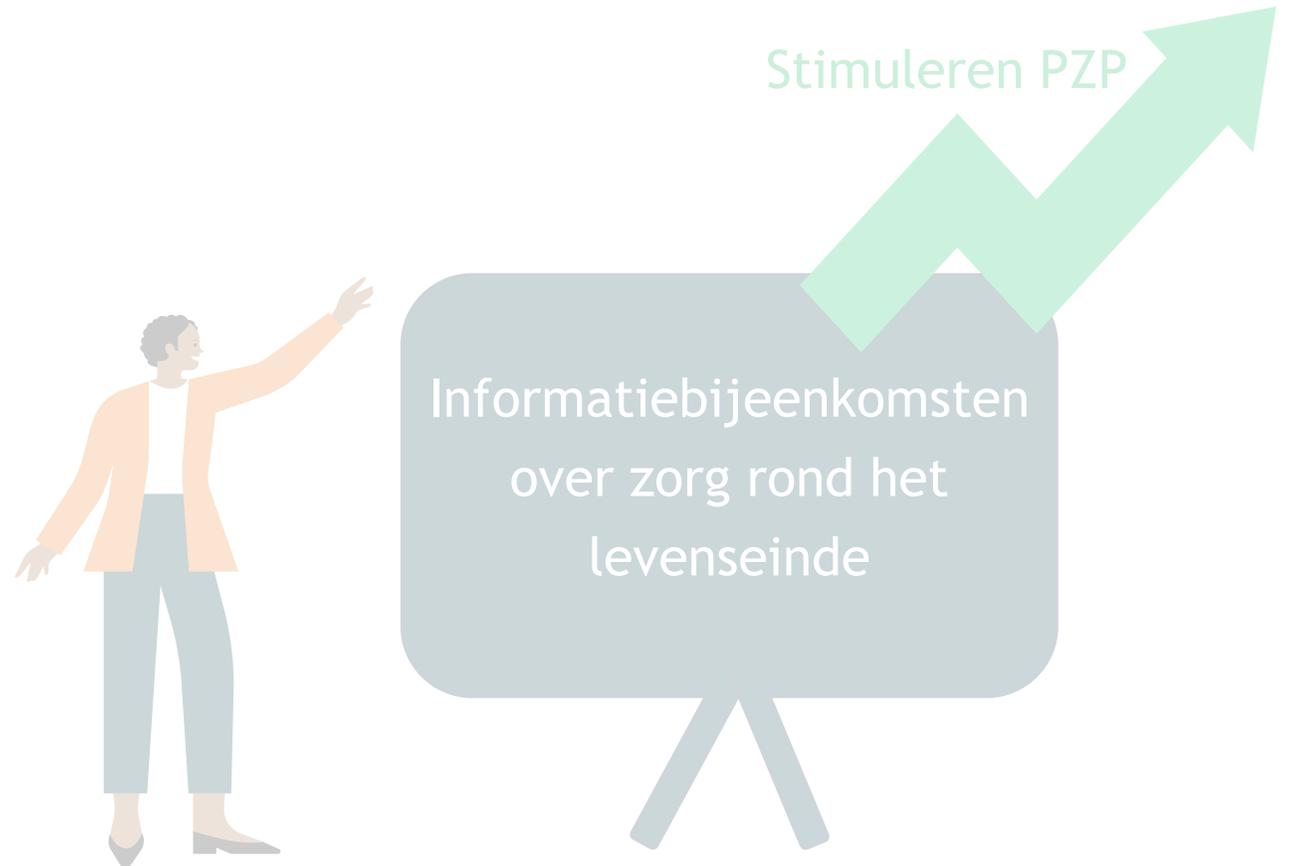




Wat is er bekend?



Patel & Lyons, 2019; Bergman et al., 2023



Abba et al., 2019; Van der Plas et al., 2021



Wat is er **niet** bekend?



Focus op documentatie
(bv. wilsverklaring)



Intentie tot i.p.v.
daadwerkelijke
betrokkenheid in PZP



Interventie

Inhoud

Onderwerpen

- Zorg rond het levenseinde
- Voorkeuren voor zorg
- Tips om wensen te communiceren

Ongeveer 1,5 - 2 uur

Doelgroep

Ouderen
(+/- 75 jaar en ouder)



Organisatie

Door eigen huisarts met
persoonlijke uitnodiging



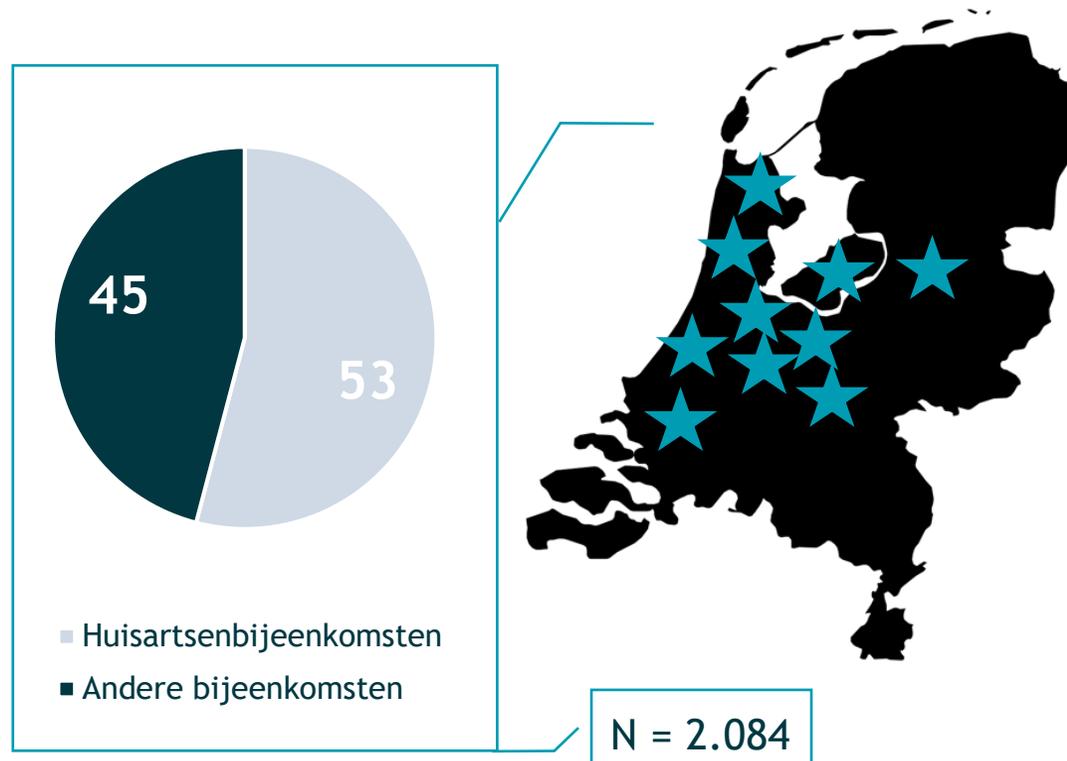
versus

Door andere organisatie
(bv. hospice) voor ouderen
in het algemeen





Methode



Vragenlijsten

- Voor (T0)
- Direct na (T1)
- 6 maanden na (T2)

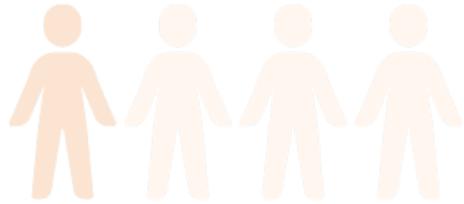


Descriptieve statistiek
Generalized estimating
equations (GEE)





Resultaten



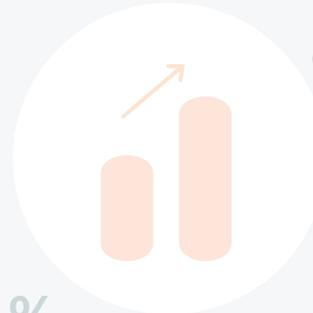
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ouderen bespreekt hun wensen met hun huisarts naar aanleiding van een informatiebijeenkomst



met naasten

6 maanden na
84%

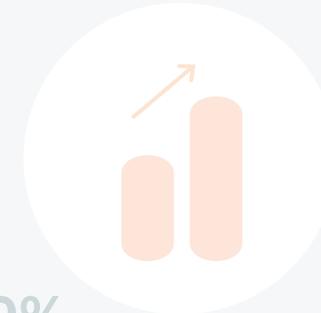


Voor
61%

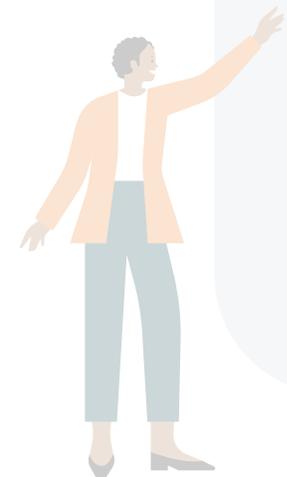


documentatie

6 maanden na
54%

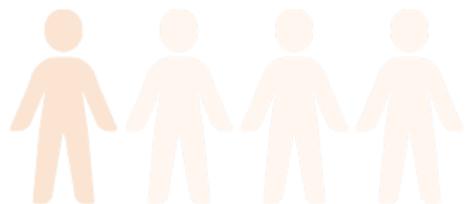


Voor
39%





Resultaten



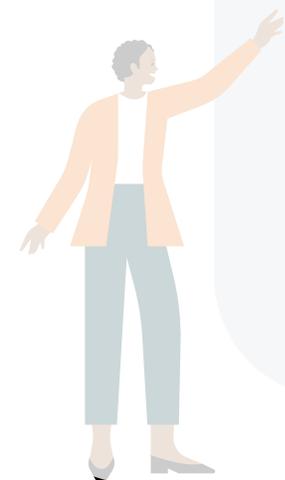
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ouderen bespreekt hun wensen met hun huisarts naar aanleiding van een informatiebijeenkomst



Factoren die geassocieerd zijn met het hebben van een PZP Gesprek met de huisarts naar aanleiding van een informatiebijeenkomst

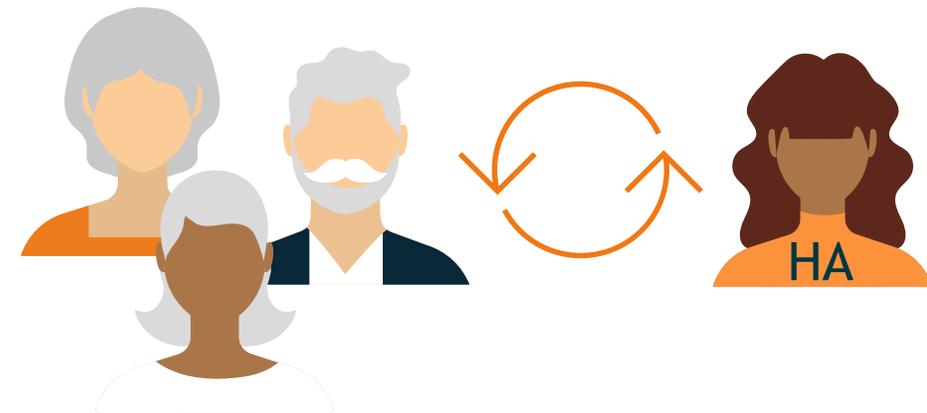
- X Geslacht
- ✓ *Leeftijd*
- X Type bijeenkomst (huisarts versus andere organisaties)
- ✓ *PZP gesprek hebben gehad met een arts*
- X PZP gesprek hebben gehad met naasten
- X Wensen hebben vastgelegd





Implicaties voor de praktijk

Informatiebijeenkomsten stimuleren proactieve zorgplanning



Original Article

Information Meetings Stimulate Older People to Talk About Their Wishes at the End of Life



Tessa D. Bergman, MSc, MA, Annicka G.M. van der Plas PhD, H. Roeline W. Pasman PhD, and Bregje D. Onwuteaka-Philipsen, PhD

Department of Public and Occupational Health (T.D.B., A.V.P., H.R.P., B.D.O.), Amsterdam Public Health Research Institute, Expertise Centre for Palliative Care, Amsterdam UMC, Amsterdam, the Netherlands

Abstract

Context. Information meetings aim to inform older people about end-of-life care, and prepare for advance care planning (ACP). Meetings are organized by general practitioners (GPs) inviting their patients or by other organizations targeting older people in general.

Objectives. To assess whether information meetings stimulate ACP (conversations with relatives, healthcare professionals, and documentation), and whether the type of meeting (GP versus other) and attendees' characteristics were associated with having ACP conversations with the GP in response to the meeting.

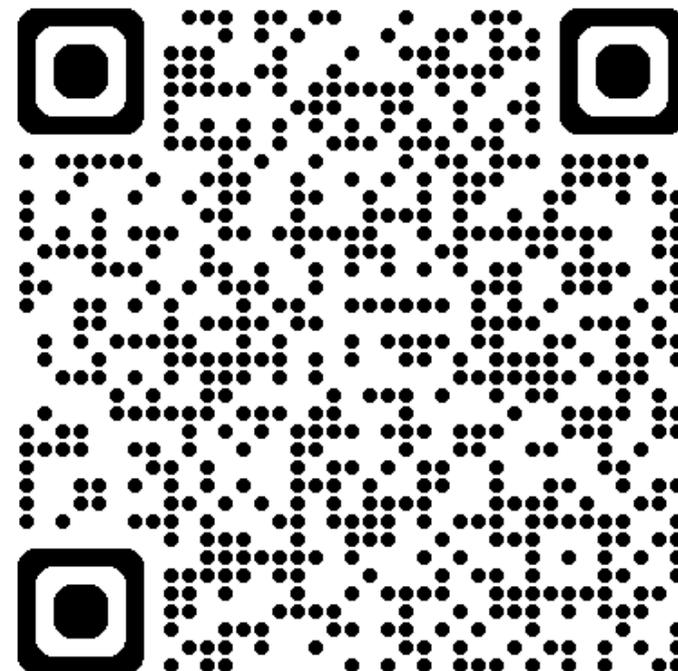
Methods. A prepost interventional study with questionnaires immediately before (T0) and six months after (T2) the information meeting. 98 information meetings were organized (53 by GPs; 45 by other organizations). Older people attended a meeting and filled out questionnaires at T0 ($N = 1917$) and T2 ($N = 1088$). Descriptive statistics and logistic regression analyses were done.

Results. At T2, 26.4% of attendees had had an ACP conversation with their GP in response to the information meeting. Further, more older people had documented (T0: 39%; T2: 53%) and discussed their wishes with relatives (T0: 61%; T2: 84%) at T2. ACP engagement with GPs did not differ between GP or other meetings. Age (OR 1.05), non-Dutch background (OR 2.41), religiosity (OR 0.68) and previously having discussed end-of-life topics with a physician (OR 2.37) were associated with having ACP conversations with GPs.

Conclusions. Information meetings about end-of-life care stimulate older people to have ACP conversations with their GP and with relatives and to document wishes. The type of meeting, by GPs or others, does not affect ACP conversations with their GP. *J Pain Symptom Manage* 2026;71:190–199. © 2025 The Authors. Published by Elsevier Inc. on behalf of American Academy of Hospice and Palliative Medicine. This is an open access article under the CC BY license (<http://creativecommons.org/licenses/by/4.0/>)

Key Words

Advance care planning, general practice, information meetings, older people, palliative care





Dankjewel!

t.bergman@amsterdamumc.nl

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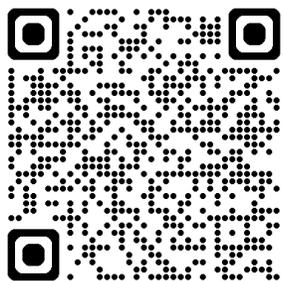


Foto: Sjef Otten