

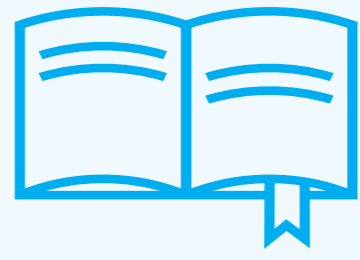
Background

The Outcomes Star™ is a suite of tools to engage people, support conversations and capture outcomes. Over 30 versions are tailored to different needs and sectors.

The Preparation Star has been developed to empower patients to share what is important to them when approaching end of life.



Co-created by and used with patients and their families



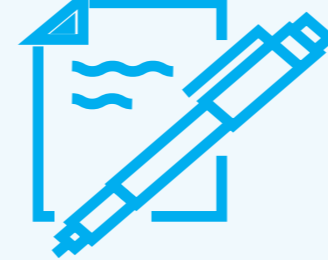
Accessible and visual feedback mechanism to support planning



Integrated and collaborative



Enables people to have difficult conversations



Provides relevant and reliable outcomes information

It is in line with best-practice guidelines for patient-centred and holistic support in palliative care (DoH, 2016).

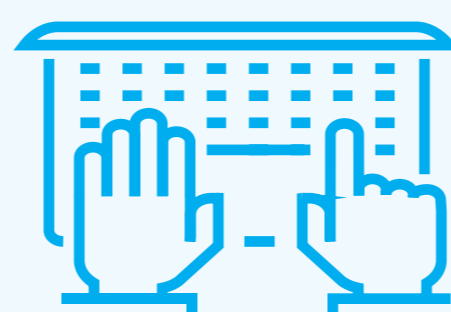
Specific aims of the development process were to:



Meet demand from the palliative care sector for a collaborative tool to support patients towards end of life.



Determine the outcome areas, Journey of Change, scales and guidance for use



Conduct initial validation work on the pilot version.

Method

1

Literature review

A literature review informed the first focus group, which included professionals from two hospices and two organisations managing care homes.

2

Collaborative focus group and piloting

Nine scales were drafted and discussed at a second focus group and refinements made before piloting in the organisations.

3

Piloting, patient consultation, and refining

Patient feedback and pilot data were analysed and discussed at two final focus groups resulting in further refinement

“It helped me to talk about some important and very difficult things. It’s a great tool...”
- Patient

Results



All patients reported that completing the Preparation Star was positive

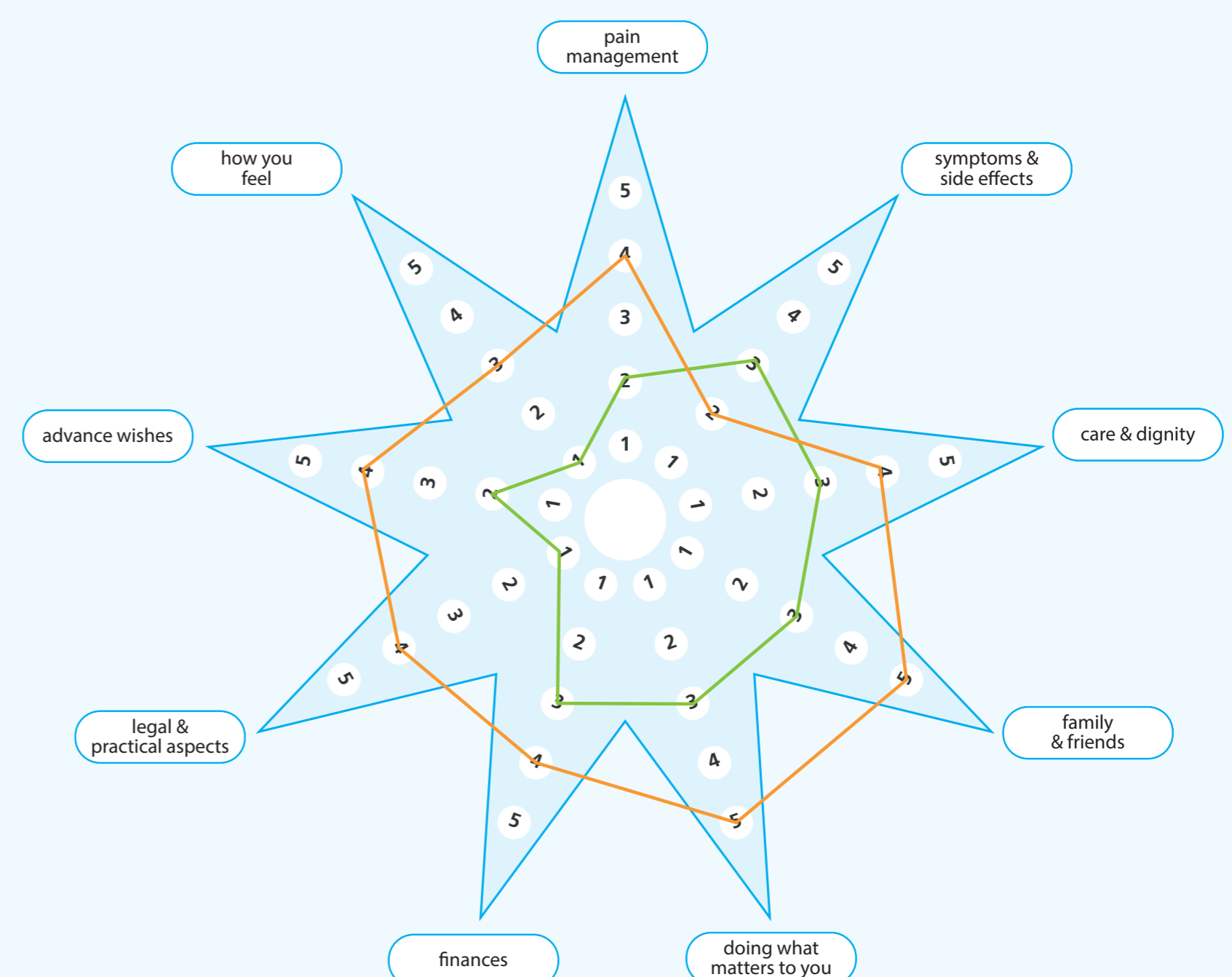
91%

91% identified significant issues in at least one area.



88% felt the Star provided a helpful picture of their situation.

All practitioners agreed the Preparation Star described the situation, strengths and needs of the people they support very well. It was completed most successfully in hospice outpatient facilities with those not immediately facing end of life. Analysis of the psychometric properties of the tool revealed high internal consistency ($\alpha = .79$) and no item redundancy. The final version of the Preparation Star includes the following outcomes areas:



Acknowledgements

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“The Preparation Star can help the family understand where their family member is at in terms of their illness and emotional wellbeing and to discuss things that they haven’t been able to discuss yet.”
- Practitioner