

Busting advance care planning myths one quiz question at a time

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Our aim

To improve the capability of the health and aged care workforce to support people to engage in advance care planning throughout Australia.



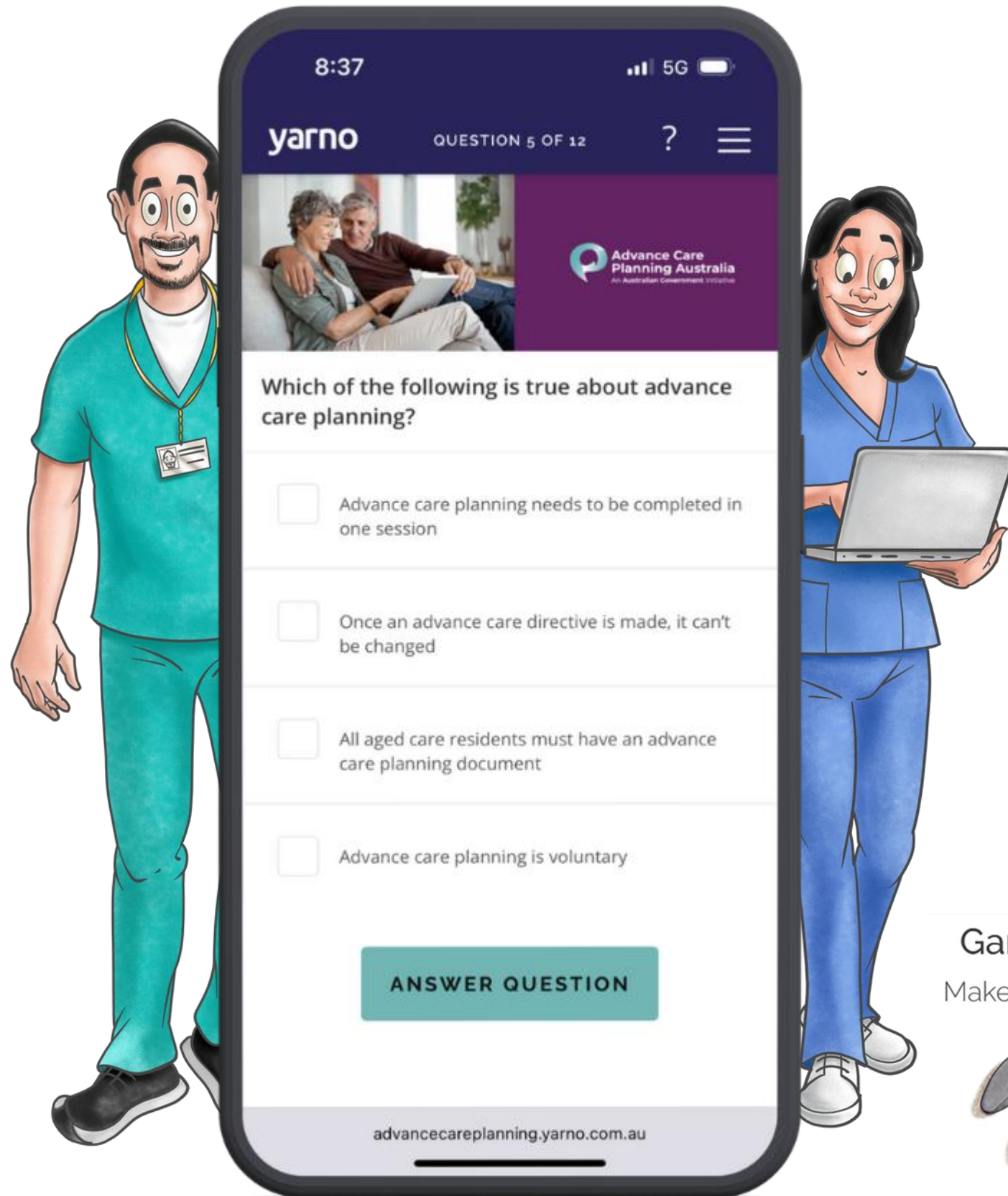
The case to redevelop ACPA learning....

- 🌀 New home of ACPA
- 🌀 Shift in contemporary understanding of ACP
- 🌀 Strengthened rights based and inclusive approach to ACP
- 🌀 Ongoing misconceptions



Yarno Microlearning **FREE** online learning

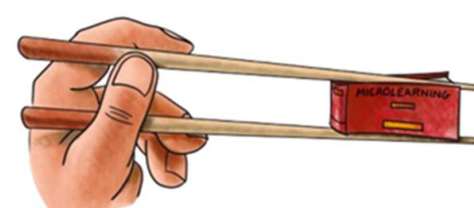
- ✓ On-demand 10–30-minute campaigns
- ✓ 12 quiz questions in each campaign
- ✓ Certificate of completion
- ✓ Access to Learning Library



Gamification
Makes learning fun



Adaptive Microlearning
Makes learning quick



Spaced repetition
Makes learning stick



Team Based
Makes it mate vs mate

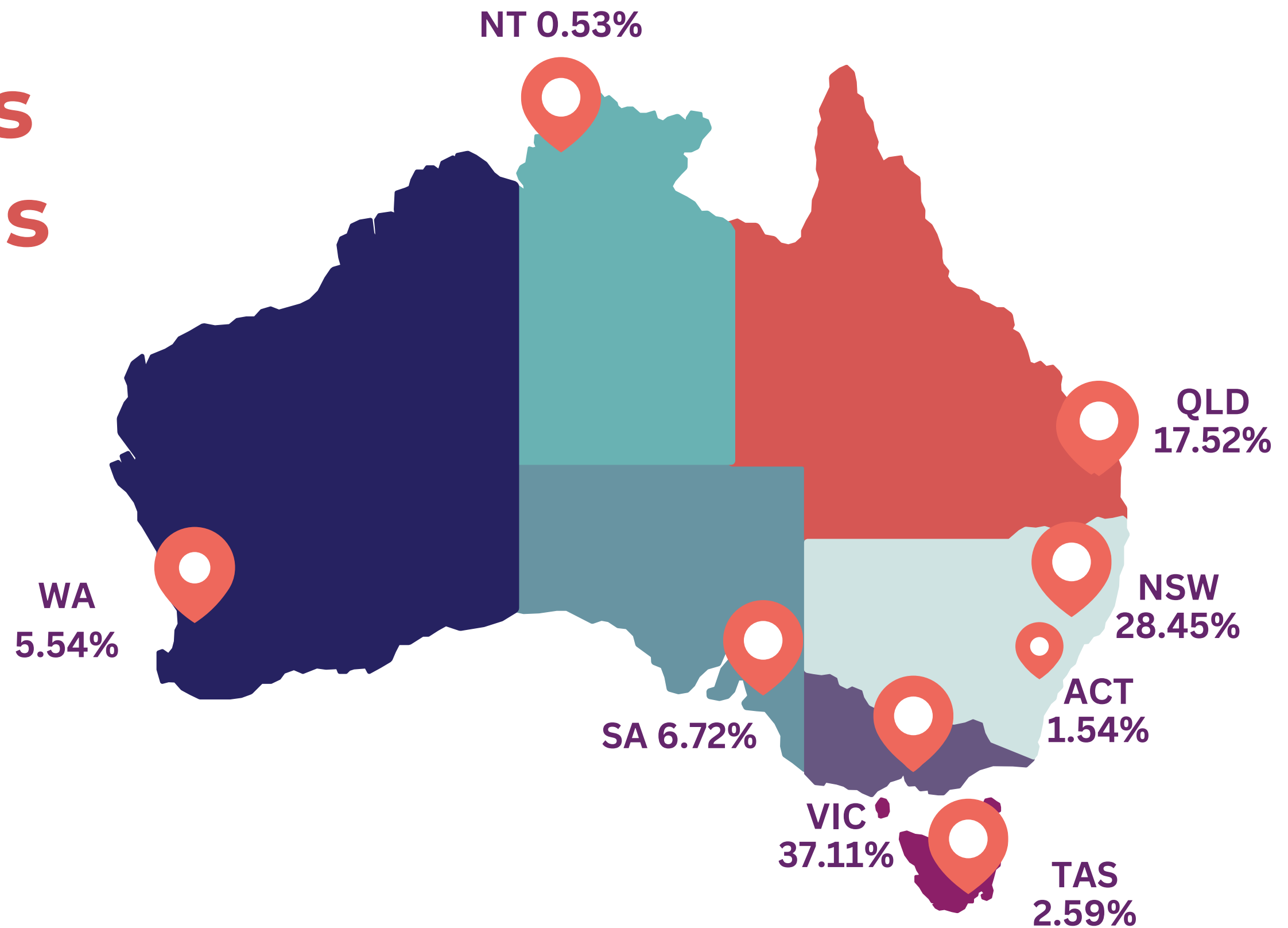


Immediate Feedback
Makes it instant



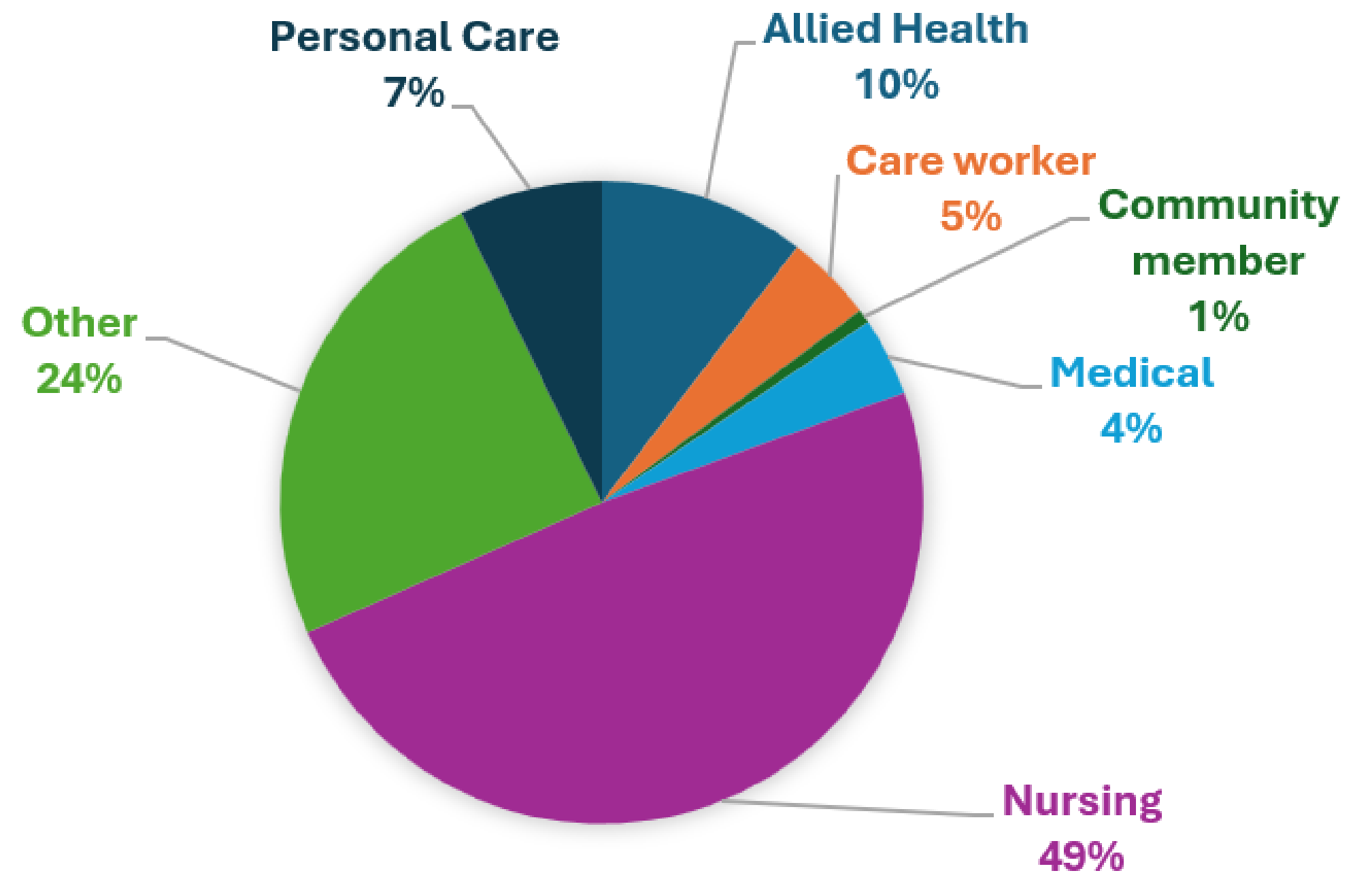
2,471 learners all campaigns

(7th Oct 2024 – 19th May 2026)



Learner roles

(7th Oct 2024 – 19th May 2026)



Total campaign completions

(7th Oct 2024 – 19th May 2026)

80%

Avg performance

The percentage of questions answered correctly by your learners.

Campaigns (includes original campaign / refresher / BUPA / Regis)	Launch Date	Number of campaigns completed in full
1. What is ACP	7 Oct 2024	1816
2. Starting the Conversation	27 Nov 2024	1021
3. Continuing the conversation	17 Jan 2025	760
4. Inclusive Approaches	19 May 2025	504
5. Documenting wishes	01 Aug 2025	405
6. When decisions need to be made	29 Aug 2025	380
Total		4,886



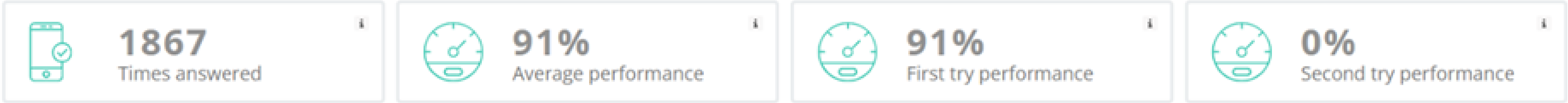
CAMPAIGN QUESTIONS

Search ques

Question	Topics	Correct 1st try
+ Advance care planning always involves making a legally binding document. True or false?	Common misconceptions and Documentation	74.97%
+ "All Australians over the age of 65 years must complete advance care planning." Is this statement true or false?	Advance care planning principles	92.89%
+ A substitute decision-maker is someone who is prepared to make health care decisions on a person's behalf, if the person is unable to make or communicate decisions. Which criteria applies to choosing a substitute decision-maker?	Health and aged care professionals	77.45%
+ Different states and territories in Australia have different laws regarding advance care planning. What are all health and aged care professionals, across Australia, obliged to do?	Documentation and Health and aged care professionals	48.54%
+ Finish this statement: Families and carers of people who have done advance care planning experience _____.	Advance care planning principles and Health and aged care professionals	98.7%
+ If somebody in your care asked about how advance care planning could benefit them, which of these would be the best response?	Advance care planning principles	96.49%
+ In an aged care setting, what's a key difference between care plans and advance care planning?	Advance care planning principles and Health and aged care professionals	83.97%
+ What is the primary focus of advance care planning?	Advance care planning principles	95.82%
+ Which of the following is true about advance care planning?	Advance care planning principles	91.33%
+ Which of these options is the best definition of advance care planning?	Advance care planning principles	77.24%



Which of the following is true about advance care planning?



Answer breakdown

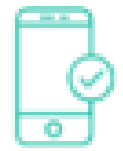
Answers	% Selected
Advance care planning is voluntary ✓	91%
Once an advance care directive is made, it can't be changed	0%
All aged care residents must have an advance care planning document	8%
Advance care planning needs to be completed in one session	0%



ACP is voluntary



Advance care planning always involves making a legally binding document. True or false?



1873

Times answered



75%

Average performance



75%

First try performance



0%

Second try performance

Answer breakdown

Answers

% Selected

False; legally binding documents may form part of the process if the individual chooses to include them ✓

75%

True; advance care planning always requires certain legally binding documents to be completed

25%



ACP always involves making a legally binding document



Different states and territories in Australia have different laws regarding advance care planning. What are all health and aged care professionals, across Australia, obliged to do?



Answer breakdown

Answers	% Selected
Review and consider advance care planning documents ✓	48%
Ensure they are nominated as a substitute decision-maker	1%
Complete advance care planning for everyone they support	5%
Exactly follow everything written in an individual's advance care planning documents	45%

50.2%



Everything written in advance care planning documents must be followed



Barry lives in residential aged care and has moderate dementia. Is it too late for Barry to start having a conversation about advance care planning?



531

Times answered



94%

Average performance



94%

First try performance



0%

Second try performance

Answer breakdown

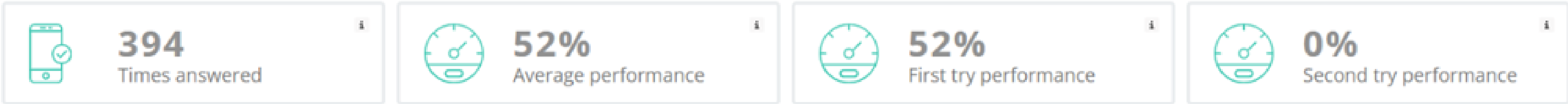
Answers	% Selected
No, it's not too late for advance care planning conversations ✓	94%
Yes, it's too late for advance care planning conversations	6%



A diagnosis of dementia does not mean lack of decision-making capacity



Assessing decision-making capacity is a critical part of advance care planning because it ensures that adults can legally make informed choices about their future health care. Consider the following statements and choose which is correct in relation to advance care planning and decision-making capacity:



Answer breakdown

Answers	% Selected
Substitute decision-making is enacted at the time when a person has impaired decision-making capacity, and a healthcare decision needs to be made ✓	52%
If a person has impaired decision-making capacity, they cannot participate in advance care planning in any way	2%
A person's decision-making capacity needs to be assessed formally before they can make an advance care directive	22%
Once a person is assessed as not having decision-making capacity, the substitute decision-maker needs to be involved in every healthcare decision in the future.	24%



Decision-making capacity must be formally assessed to make an ACD and this informs all decision-making into future



An older person arrives at the emergency department with a broken hip. A decision is required about a hip replacement operation, but the older person doesn't have capacity to make this decision. In this scenario, which of the following carries the most legal weight?



Answer breakdown

Answers	% Selected
The person's advance care directive with clear and specific instructions relevant to the situation ✓	53%
The person's concerned daughter who has evidence that she is the legally appointed substitute decision-maker	37%
Evidence-based clinical guidelines for management of hip fractures	6%
The person's active (or current) Goals of Care document	4%



The legally appointed substitute decision-maker has greater legal weight than an ACD instruction



Which of these statements best reflects the approach a substitute decision-maker should take when making a treatment decision on behalf of another person?



Answer breakdown

Answers	% Selected
They should do what they think the person would want or choose ✓	37% 43.1%
They should do what they think is in the person's best interest	10% 15.3%
They should follow the advice of medical professionals	2%
They should follow the exact instructions in the person's advance care directive	52% 40.9%

 **Substitute decision-makers must follow the exact instructions in an ACD**



Aunty May has end-stage heart failure. Her family know her time is short and they want to find out what she wants when she's 'finishing up'. Aunty May is worried about talking with the family – she doesn't want to be a burden and knows everyone gets upset when they yarn about these kinds of things. As a health/aged care professional or worker, how should you approach this situation to support advance care planning?

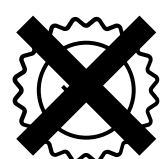


Answer breakdown

Answers	% Selected
Share stories about where you grew up and family connections, and yarn about what family connections are important to her and how important decisions get made ✓	20%
Recognise that as a non-Indigenous health/aged care professional or worker this is outside your scope, and engage the services of an Aboriginal Health Professional/Worker	35%
Organise a meeting with Aunty May and her immediate family and get the conversation started about advance care planning, inviting everybody's input	30%
Ask Aunty May if she has an Advance Care Directive and if she's appointed a substitute decision-maker, and if not does she want you to bring her the forms	15%

19.2%

37.9%



It's out of scope; just organise a family meeting; focus on the forms.



Fred has heart failure and has come into the cardiac unit for management of uncontrolled symptoms. During his stay, you ask him if he has an advance care directive which can be kept on record. Fred responds, "Why do I need that? I already have a hospital form saying not to resuscitate if anything happens". What response could you provide to support Fred's understanding of advance care planning documents and his resuscitation plan form?



Answer breakdown

Answers	% Selected
Advance care planning documents are created by the person, but the resuscitation plan forms are clinician-led documents ✓	40%
Resuscitation plan forms perform the same function as advance care planning documents but are known by different names	3%
If the hospital resuscitation plan forms are more recent, they take precedence over any existing advance care planning documents	2%
Hospital resuscitation plan forms are a way to record decisions about medical treatments, whereas advance care planning is about values	55%



Resuscitation plan forms are a way to record decisions about medical treatments, whereas advance care planning is about values



Theresa is from Victoria and is traveling alone around Australia in her campervan. Before she left on her trip, she completed an advance care directive and appointed a substitute decision-maker. After an accident, Theresa ends up in a small regional hospital in Western Australia. She cannot communicate or make decisions. The treating team can access her documents, but they're not sure if they're valid because they're Victorian documents. Which of these statements about interstate recognition of advance care planning documents is accurate?



Answer breakdown

Answers	% Selected
Some parts of advance care planning documents may be recognised in other states, so clinicians should review and consider them carefully ✓	51%
All specific instructions in an advance care directive are recognised across every state and territory in Australia	35%
There is a single national advance care planning document that is recognised in every Australian state and territory which Theresa should have completed	4%
Substitute decision-makers are recognised uniformly across Australia, so it doesn't matter if advance care directives are recognised interstate	10%



All specific instructions in an ACD are recognised across every state and territory in Australia



You're a community nurse visiting Harvey. He has an idea about some details he'd like to change in his advance care planning documents. He asks what he needs to do to make the changes. How would you advise him?



Answer breakdown

Answers	% Selected
Help him check the requirements that apply in his state or territory for particular types of documents, especially legally binding documents ✓	47%
Tell him he doesn't need to make changes to the written documents as long as he's spoken to his substitute decision-maker	0%
Tell him that he can add updates to his completed advance care planning documents anywhere in Australia as long as he has decision-making capacity	47%
Inform him that Australian law means he can't make changes to his existing advance care planning documents, but you can assist him with starting the process again	5%

50%



Updates can be made to completed advance care planning documents anywhere in Australia



Myths busted

- 🌀 ACP is all about the documents
- 🌀 Decision-making capacity
- 🌀 Everything is legally binding
- 🌀 Supporting Aboriginal people in ACP is out of scope
- 🌀 Substitute decision-maker roles and responsibilities
- 🌀 ACP is standardised throughout Australia
- 🌀 Resuscitation plans & advance care planning





Thank you

