

Impact and feasibility assessment of the InAdvance interventions

What is your role in the project?

Polibienestar will lead the evaluation of the five clinical trials that will take place in Valencia, Leeds, Inverness, Thessaloniki and Lisbon for an 18-month period. In this sense, we will design an evaluation framework characterized by being iterative and formative, which means that constant adaptations and refinements will be introduced in the implemented interventions on the basis of evaluation results. Thus, the final goal of this task is to obtain the most effective, cost-effective and feasible interventions as possible at the end of the clinical trials.

How do you plan to do that?

We will coordinate the evaluation tasks among the five clinical trials by defining the assessment strategy to be used along the whole trial period, the main variables to be measured (e.g. quality of life, symptoms intensity), how they will be assessed (e.g. interviews, checklists and validated questionnaires) and the schedule for the follow-up. We expect to evaluate the implemented interventions at four moments: one prior the start of the trial, two intermediate evaluations and another at the end of the study. For this purpose, we will involve patients and their relatives or informal caregivers, as well as front-line care staff and service managers.

What are the challenges you could be facing?

Homogeneous and on time data collection among the five different clinical sites will be an important challenge. For this reason, having a common and validated evaluation strategy between all partners is essential.

Data collection along the 18-month trial is crucial to obtain all necessary inputs to perform the expected data analysis. For this reason, we will invest much efforts to avoid sample dropouts.

Finally, data processing and storage will be a very sensitive aspect of this part of the project, as some personal and sensible data from participants will be collected.

How does your work contribute to the overall objectives of the project?

The repeated and continuous evaluation has four main purposes:

- a) To co-design, improve and refine the interventions in real-time based on patients', their relatives' and professionals' preferences and needs.
- b) To assess if the interventions have a positive impact among the participants.
- c) To assess if the interventions demonstrate a 'value for money' and optimization of resources.
- d) And to assess if the interventions are successfully executed.

How do you think the project will improve the quality of life of older people with complex chronic conditions?

After an 18-month early palliative care intervention, we expect that patients will improve their quality of life thanks to a better symptom management and fulfilment of their needs and preferences; a decrease of depression, anxiety and emotional distress symptoms, as well as a decreased burden among their caregivers; an increased social support received; and an increase of hopelessness.