

# Exploring End-of-life Practices in Amyotrophic Lateral Sclerosis: the Role of Advanced Care Planning and Palliative Care Activation.

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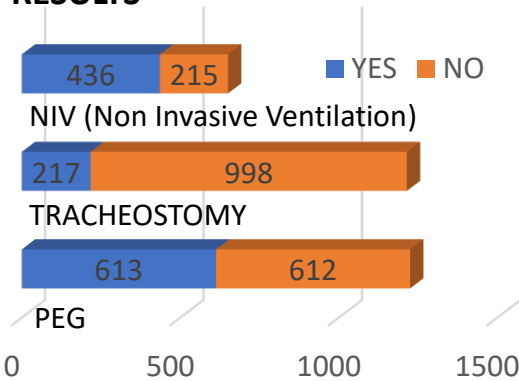
## INTRODUCTION

The aim of this study was investigating end-of-life care practices and outcomes in ALS patients, including the prevalence of Advance Care Planning (ACP) and its correlation with the initiation of palliative care.

## METHODS

Piemonte and Valle d'Aosta ALS Register (PARALS) was consulted regarding 1215 patients diagnosed with ALS between 2008 and 2020. Particularly, demographic and clinical data, together with PEG (Percutaneous Endoscopic Gastrostomy) and tracheostomy prevalences were extracted.

## RESULTS



Regarding patients who underwent tracheostomy, 64 patients expressed their will to the procedure during ACP, while in 95 cases it was performed in emergency conditions. No data were available for the remaining 58 patients.

Tracheostomy placement was significantly associated with younger age ( $p < 0.001$ ); PEG with age at onset ( $p < 0.001$ ), bulbar onset ( $p < 0.001$ ) and ACP discussion ( $p > 0.001$ ). Finally, palliative care activation was significantly associated with having had an ACP discussion.

## DISCUSSION

There was a significant correlation between both tracheostomy and PEG placement with younger age. Activation of palliative care services was significantly associated with ACP discussion, especially for PEG placement.

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