



The 11th Palliative Care Congress Glasgow 2016

Session Abstract

Latest advances in outcome measurement in palliative care

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1240 - 1340

Assessment of patient centred outcomes is increasingly recognised as vital by multiple agencies involved in health care including palliative care. Outcomes centred on patients and their families concerns are extensively recognised the most valid way to understand people's needs, monitor change and determine the results of treatment and care.¹

The Palliative (or Patient) care Outcome Scales (POS) are a family of patient centred outcomes to measure patients' physical symptoms, psychological, emotional and spiritual, and information and support needs. They are validated instrument that can be used in clinical treatment, care, audit, research and training, and are freely available for download - www.pos-pal.org

The POS measures are specifically developed for use among people severely affected by diseases who may face multiple problems or complex symptoms. Thus, they are intentionally brief; the original POS had 10 questions and could be completed in around 5 minutes. The POS measures are widely used globally including in Europe, Australia, Asia, Africa and America, and are available in 11 languages, with more validation in other languages underway. There are versions for completion by patients, family/caregivers, staff, or observers. POS can be used post bereavement, but is most often used prospectively.

The Integrated Patient care Outcome Scale (IPOS) integrates the best of several POS modules. Versions specifically for use in different conditions, such as dementia, renal failure, neurological disease and myeloma, have been developed. This session will discuss some of the latest advances in the validation of these measures, their use for screening² and aid assessment in clinical practice,³ in research trials,⁴ and next steps for development in the international literature.⁵

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2. Antunes B, et al. Screening for depression in advanced disease: psychometric properties, sensitivity, and specificity of two items of the Palliative Care Outcome Scale (POS). *J Pain Symptom Manage*. 2015;49(2):277-288.
3. Antunes B, et al. Implementing patient-reported outcome measures in palliative care clinical practice: a systematic review of facilitators and barriers. *Palliat Med*. 2014;28(2):158-175.
4. Bajwah S, et al. Palliative care for patients with advanced fibrotic lung disease: a randomised controlled phase II and feasibility trial of a community case conference intervention. *Thorax*. 2015 Sep;70(9):830-9. doi: 10.1136/thoraxjnl-2014-206583. Epub 2015 Jun 23.
5. Bausewein C, et al. EAPC White Paper on outcome measurement in palliative care: Improving practice, attaining outcomes and delivering quality services - Recommendations from the European Association for Palliative Care (EAPC) Task Force on Outcome Measurement. *Palliat Med*. 2016 Jan;30(1):6-22. doi: 10.1177/0269216315589898. Epub 2015 Jun 11.