



GeriCare

Transcript- Symptoms and problem assessment tools

There are many scales used worldwide such as IPOS, FACT-L, MSAS, MVQOLI-R, VITAS, SAS but don't worry, in this video, we are just going to introduce 2 of these scales. The Badminton... opps I mean... Edmonton Symptom Assessment Scale-revised (ESAS-r) and Palliative Care Problem Severity scale (PCPSS).

The Edmonton Symptom Assessment Scale-revised is also known as ESAS-r is a 10 item questionnaire measuring the intensity of the symptoms, using numbers. It should ideally be rated by the patients themselves but if the patient is unable to do so, it can be administered by caregivers or healthcare workers, basically anyone!

The 10 symptoms are: pain, tiredness, drowsiness, nausea, lack of appetite, shortness of breath, depression, anxiety, well-being and any other possible problems such as constipation.

These questions are asked in a scale of 0 to 10 where 0 is no symptom and 10 is the worst possible symptom. For example, for shortness of breath, 0 will be you at the foot of Bukit Timah Hill, and 10 will be you reaching the top of the hill.

The Palliative Care Problem Severity Scale also known as the P-C-P-S-S, is a global assessment that summarizes the patient's palliative care needs and care plans. The 4 domains are pain, other symptoms, psychological or spiritual problems and family or carer issues. This is usually administered by healthcare workers.

Severity of the problems are rated and responded using a categorical scale from 0 to 3. 0 is absent, 1 is mild, 2 is moderate and 3 is severe.

These 2 scales are meant to complement each other. ESAS-r aims to measure the severity of symptoms and response to treatment while PCPSS helps in the initial screening and coordination of care based on patient's needs.

In summary, these tools are often use in conjunction with other tools such as functional assessment tools to manage patient's symptoms, needs and coordinate care.

References

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2. Masso M, Allingham SF, Johnson CE, et al. Palliative care problem severity score: reliability and acceptability in a national study. *Palliat Med* 2016;30:479-485.