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FAST FACTS AND CONCEPTS #125

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Background Accurate prognostic information is important for patients, families and physicians. This Fast Fact reviews the Palliative Performance Scale; see Fast Fact #124 The Palliative Prognostic Score for another prognostic tool used in palliative care patients.

The Palliative Performance Scale (PPS) uses five observer-rated domains correlated to the Karnofsky Performance Scale (100-0). The PPS is a reliable and valid tool and correlates well with actual survival and median survival time for cancer patients. It has been found useful for purposes of identifying and tracking potential care needs of palliative care patients, particularly as these needs change with disease progression. Large validation studies are still needed, as is analysis of how the PPS does, or does not, correlate with other available prognostic tools and commonly used symptom scales.

PALLIATIVE PERFORMANCE SCALE (PPS)

%	Ambulation	Activity Level Evidence of Disease	Self-Care	Intake	Level of Consciousness	Estimated Median Survival in Days		
						(a)	(b)	(c)
100	Full	Normal <i>No Disease</i>	Full	Normal	Full	N/A	N/A	108
90	Full	Normal <i>Some Disease</i>	Full	Normal	Full			
80	Full	Normal with Effort <i>Some Disease</i>	Full	Normal or Reduced	Full			
70	Reduced	Can't do normal job or work <i>Some Disease</i>	Full	As above	Full	145		
60	Reduced	Can't do hobbies or housework <i>Significant Disease</i>	Occasional Assistance Needed	As above	Full or Confusion	29	4	

50	Mainly sit/lie	Can't do any work <i>Extensive Disease</i>	Considerable Assistance Needed	As above	Full or Confusion	30	11	41
40	Mainly in Bed	As above	Mainly Assistance	As above	Full or Drowsy or Confusion	18	8	
30	Bed Bound	As above	Total Care	Reduced	As above	8	5	
20	Bed Bound	As above	As above	Minimal	As above	4	2	6
10	Bed Bound	As above	As above	Mouth Care Only	Drowsy or Coma	1	1	
0	Death	-	-	-	--			

- a. Survival post-admission to an inpatient palliative unit, all diagnoses (Virik 2002).
- b. Days until inpatient death following admission to an acute hospice unit, diagnoses not specified (Anderson 1996).
- c. Survival post admission to an inpatient palliative unit, cancer patients only (Morita 1999).

References

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