

Palliative Performance Scale

Name:	Date:
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Healthcare professionals use the Palliative Performance Scale (PPS) to assess and measure the functional status of patients with advanced illnesses, particularly those receiving palliative care. It helps guide clinical decision-making and can assist in determining the appropriate level of care and support required for the patient.

Instructions:

- Begin by assessing the patient's ambulation status. Choose the category that best describes the patient's ability to move around.
- Next, evaluate the patient's activity level and the evidence of disease. Consider their ability to perform regular activities and work.
- Assess the patient's ability to perform self-care tasks like bathing, dressing, and grooming. Determine if the patient requires assistance or can perform these tasks independently.
- Evaluate the patient's intake of food and fluids. Assess if their intake is normal, reduced, or minimal.
- Lastly, consider the patient's level of consciousness. Determine if they are fully alert, drowsy, or in a coma.

PPS Score	Ambulation	Activity & Evidence of Disease	Self-Care	Intake	Conscious Level
STABLE					
100	Full	Normal <i>No disease</i>	Full	Normal	Full
90	Full	Normal <i>Some disease</i>	Full	Normal	Full
80	Full	Normal with effort <i>Some disease</i>	Full	Normal or reduced	Full
HOSPICE APPROPRIATE					
70	Reduced	Can't do normal job or work <i>Some disease</i>	Full	As above	Full
60	Reduced	Can't do hobbies or housework <i>Significant disease</i>	Occasional assistance needed	As above	Full or confusion
50	Mainly sit/lie	Can't do any work <i>Extensive disease</i>	Considerable assistance needed	As above	Full or confusion
40	Mainly in bed	As above	Mainly assistance	As above	Full or drowsy or confusion
30	Bed bound	As above	Total Care	Reduced	As above
20	Bed bound	As above	As above	Minimal	As above
10	Bed bound	As above	As above	Mouth care only	Drowsy or Coma
0	Death				

Notes:

Assign the PPS score corresponding to the most accurate description of the patient's current condition. Note that the PPS should be used as a part of a comprehensive palliative care assessment and in conjunction with other clinical observations and tools.