



DEVELOPMENT AND VALIDATION OF A QUESTIONNAIRE FOR CAPTURING PALLIATIVE CARE NEEDS OF THE ELDERLY IN INDIA- YENEPOYA UNIVERSITY EMPATHY QUESTIONNAIRE (YEMPATY)

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1. Introduction :

Palliative care is an important public health issue due to population ageing. Although there is a greater awareness on the problem and the Government initiatives to train doctors and nurses in Palliative care and Geriatric Care through the National NCD programme, there is no structured format to assess the palliative care needs of the elderly. Yenepoya University is the only University in India which offers a course in Palliative Care with Emphasis on Geriatric Care in association with MEDIACION, Germany. Hence we planned to do a study to develop a questionnaire to capture Geriatric Palliative Care Needs

Aim of the Study : To develop a symptom check list /questionnaire to capture physical

,psychological, social ,spiritual issues, functional limitations and wishes of the elderly suffering from end stage diseases and or multiple morbidity

2. Methodology :

A symptom check list was developed based on the chapters in palliative care training module developed in our University. The questionnaire included Part 1 with demographic details and indication for palliative care, Part 2 with 12 Physical symptoms, Part 3 with 11 psychological symptoms, Part 4 with 11 social needs, part 5 with 7 spiritual issues, part 6 with 9 functional needs and part 7 with wish list and importance of each wish and part 8 is for intervention plan by the physician.

Parts	Number of questions and contents
1	Demographic details and indications of palliative care

2	12 physical symptoms
3	11 psychological symptoms
4	11 social needs
5	7 spiritual issues
6	9 functional needs
7	Wish list and importance of each wish
8	Intervention plan by the physician

3. Results :

The questionnaire developed was sent to 4 Geriatric Experts ,One psychiatrist,two palliative care specialists were given this to validate that content .The questionnaire was initially administered to 20 elderly and modified and changed for clarity .Certain psychological and spiritual issue data were collected from the care giver who is observing the patient over some time since the psychiatrist felt that question on confusion is by observing the individual for a while and there is difference between the word confusion which may mean acute confusional state and delirium to a geriatrician while in English it may mean that confusion could be regarding diagnosis of disease to management issues

The questionnaire was administered to 330 elderly with 30 in each group of cancer, liver cell failure, end stage kidney disease ,end stage lung disease, refractory heart failure, dementia, stroke with poor recovery ,fracture and immobility, frailty, ICU patients and Multimorbid elderly where atleast two organ systems are moderately involved .

The questionnaire just needed 20 minutes to administer .The questionnaire has been used by postgraduates, psychologist ,palliative care physicians , physicians who found it easy to use

4. Conclusion :

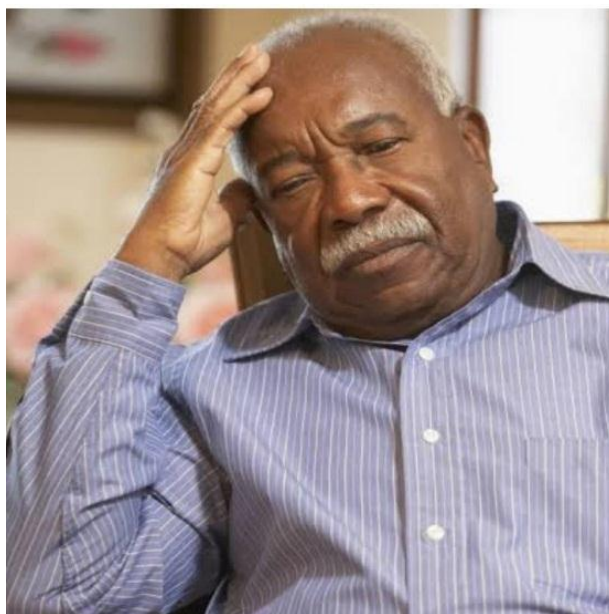
YEmpathy questionnaire for assessing palliative care needs is useful,time saving and is an aid to provide quality palliative care and also helps in improving care by focusing on quality of life rather than physician oriented and disease oriented care

5. References:

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Palliative Care symptom Check list – YEMPATY Questionnaire for patients with End stage diseases and prolonged immobilisation

Part 1

Demeographic details :Name _____ Gender M/F _____ Age- _____ years

Ward : _____ Primary Diagnosis with stage _____

Prognosis(predicted years of survival) _____ Occupation _____

Part 2

Physical symptoms experienced in the last 4 weeks (can be answered by patient or care giver)

Symptoms	Never	sometimes	Often	Always
1 Pain				
2 Difficulty in breathing				
3 Nausea,retching and vomiting				
4 Constipation				
5 Diarrhoea				
6 Sleepy during day time				
7 Generalised weakness				
8 loss of appetite				
9 Itching				
10 Loss of memory				
11 Any other symptom-				