



**FAST FACTS AND CONCEPTS #125
THE PALLIATIVE PERFORMANCE SCALE (PPS)**

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

The **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 in outpatient and ambulatory settings. 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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