

St Margaret's
Hospice Care

IPOS

Integrated Palliative Outcome Scale
What is it and why do we use it?



What is it?

- IPOS - Integrated Palliative care Outcome Scale - is a measure of symptoms and concerns which matter to **you** as our patient and helps us to provide the best care.
- The IPOS consists of 10 questions which can assess your symptoms and needs: physical, social, psychological and spiritual.
- It is scored on a 0-4 scale.
- IPOS may be completed by you or with a help from family or a member of staff.

Why use IPOS?

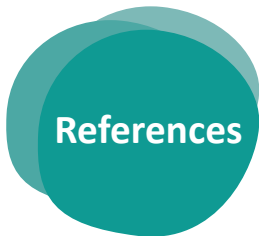
- IPOS is an additional measure to get a better understanding of **your** symptoms/concerns/feelings which can then be repeated and compared over time.
- It can be used to monitor the effectiveness of our services and care as well as improving our assessments.
- IPOS allows **you** to list your main concerns and to add other symptoms you are experiencing.
- It may also help you to identify symptoms or concerns that you may not have thought to mention and seek support for.

The Evidence

- The IPOS is a patient reported outcome measure: the best way to measure outcomes is to ask the patients themselves.
- Since first launched, IPOS has been tested and improved by researchers around the world and patients views have helped develop IPOS.
- Research has shown that IPOS captures what is important to **you**, the patient.

Using IPOS at St Margaret's

- We look at the completed IPOS at our multidisciplinary meetings; where the whole team meets to identify how we can best support the individual patient.
- If the IPOS is then repeated, we can compare before and after scores and see what interventions are working and what are not, then adjust personal treatment plans accordingly.
- We can see how well we are managing particular symptoms or complaints and consider whether any improvements are needed.
- **Please contact a member of staff if you have further questions.**



References

<http://pos-pal.org/>

St Margaret's Hospice Care Taunton Hospice,

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