

Palliative Care Exemption Guidelines–Last updated June 9, 2021

- While the term “palliative” is very broad, in the present context and in relation to decisions about support people within NSH facilities, the Palliative Performance Scale (PPS- see tool below) is an objective assessment that may help health care teams to identify individuals who are at the end stage of life.
- Typically a patient with a **PPS score of 30% or less** would have a limited prognosis, and it is important to ensure appropriate people are present.
- Please refer to the COVID-19 Hub for the most recently updated [Visitor Restriction Poster](#) and [Staff Guidance: Family/Primary Support Person and Family Caregiver Restrictions during COVID-19](#).
- The PPS is *one tool* that can support decision-making, however decisions should always be made in consultation with/approved by the unit manager, site lead, duty on call or an identified designate (ie: charge nurse, team lead).
- No tool can capture the wide range of situations, sites, units or teams in our system, therefore these decisions require compassion, clinical judgment and critical thinking. For example:
 - A patient with a higher PPS but who is expected to decline quickly may be considered eligible for a palliative care exemption
 - A patient with a lower PPS who had support persons and then improves may continue to be eligible for a palliative care exemption
 - A site or unit may be able to safely support visits from a higher number of people
- The health care team will make every effort to enable virtual visiting for those unable to be present.
- To assess PPS status, please see the tool below and if required, detailed instructions [here](#).



Palliative Performance Scale (PPSv2) version 2

PPS Level	Ambulation	Activity & Evidence of Disease	Self-Care	Intake	Conscious Level
100%	Full	Normal activity & work No evidence of disease	Full	Normal	Full
90%	Full	Normal activity & work Some evidence of disease	Full	Normal	Full
80%	Full	Normal activity <i>with</i> Effort Some evidence of disease	Full	Normal or reduced	Full
70%	Reduced	Unable Normal Job/Work Significant disease	Full	Normal or reduced	Full
60%	Reduced	Unable hobby/house work Significant disease	Occasional assistance necessary	Normal or reduced	Full or Confusion
50%	Mainly Sit/Lie	Unable to do any work Extensive disease	Considerable assistance required	Normal or reduced	Full or Confusion
40%	Mainly in Bed	Unable to do most activity Extensive disease	Mainly assistance	Normal or reduced	Full or Drowsy +/- Confusion
30%	Totally Bed Bound	Unable to do any activity Extensive disease	Total Care	Normal or reduced	Full or Drowsy +/- Confusion
20%	Totally Bed Bound	Unable to do any activity Extensive disease	Total Care	Minimal to sips	Full or Drowsy +/- Confusion
10%	Totally Bed Bound	Unable to do any activity Extensive disease	Total Care	Mouth care only	Drowsy or Coma +/- Confusion
0%	Death	-	-	-	-