Questionnaire: mobile palliative care – GPs

Graz, September 2000

Dear Colleagues,

The care of critically ill or end-of-life patients has lately become an issue of growing interest. Internationally and in the Steiermark, hospitals are now planning to implement a graded care system for palliative care patients.

The goal of the questionnaire is to learn more about the specific academic requirements and the need for accompanying measures of the occupational groups who work in nursing care or end-of-life care.

Your opinion is very important to us! That is why we would ask you to fill out the whole questionnaire. You will need approximately 15-20 minutes.

Please answer every question!

Your answers will be kept strictly confidential towards third parties. The results of this questionnaire will be online in spring/summer 2001. In case you are interested, you will find them on the website of the FAGW: http://www.stmk.gv.at/gesundheit/.

Thank you very much for your time and your cooperation!

Dir. Annemarie GIGL
Dr. Johann BAUMGARTNER
Academic requirements for mobile palliative care

In the following pages, you will find questions which will deal with your occupation. Please tick the boxes which apply to you (if not indicated otherwise). Please answer every question!

Personal information

Age: …… years     Sex: ☐ male ☐ female

Work experience:……… years

Completed degrees:

☐ Psycho-social medicine
☐ Psycho-somatic medicine
☐ Psycho-therapeutic medicine
☐ Geriatrics

Additional degrees ………………………………………………………

1. Please assess your occupational group’s competence concerning the psychosocial care for critically ill or end-of-life patients and their relatives in the following points:

1.1. Communication with patients

☐ sufficient ☐ predominantly sufficient ☐ predominantly insufficient ☐ insufficient

1.2. Communication with relatives

☐ sufficient ☐ predominantly sufficient ☐ predominantly insufficient ☐ insufficient

1.3. Handling of introductory conversations

☐ sufficient ☐ predominantly sufficient ☐ predominantly insufficient ☐ insufficient

1.4. Conducting difficult conversations (dying, death, mourning, “last things”, …)

☐ sufficient ☐ predominantly sufficient ☐ predominantly insufficient ☐ insufficient

1.5. Care of patients in their last days (terminal phase)

☐ sufficient ☐ predominantly sufficient ☐ predominantly insufficient ☐ insufficient

1.6. Care of relatives in the patient's last days (terminal phase)

☐ sufficient ☐ predominantly sufficient ☐ predominantly insufficient ☐ insufficient
1.7. Care of relatives after the patient’s death

☐ sufficient  ☐ predominantly sufficient  ☐ predominantly insufficient  ☐ insufficient

2. Please assess your occupational group’s competence in coping with emotional and physical strains in the following points:

2.1. Coping strategies for difficult situations

☐ sufficient  ☐ predominantly sufficient  ☐ predominantly insufficient  ☐ insufficient

2.2. Coping with own pain

☐ sufficient  ☐ predominantly sufficient  ☐ predominantly insufficient  ☐ insufficient

2.3. Coping with powerlessness

☐ sufficient  ☐ predominantly sufficient  ☐ predominantly insufficient  ☐ insufficient

2.4. Coping with insecurities

☐ sufficient  ☐ predominantly sufficient  ☐ predominantly insufficient  ☐ insufficient

2.5. Coping with guilty conscience

☐ sufficient  ☐ predominantly sufficient  ☐ predominantly insufficient  ☐ insufficient

3. Please assess your occupational group’s competence in the field of pain treatment in the following points:

3.1. Knowledge in pain-physiological mechanisms (pain memory, pain spiral, pain threshold, pain tolerance, ...)

☐ sufficient  ☐ predominantly sufficient  ☐ predominantly insufficient  ☐ insufficient

3.2. Applying the WHO analgesic Ladder for pain management

☐ sufficient  ☐ predominantly sufficient  ☐ predominantly insufficient  ☐ insufficient

3.3. Treating acute pain

☐ sufficient  ☐ predominantly sufficient  ☐ predominantly insufficient  ☐ insufficient
3.4. Treating chronic pain

☐ ☐ ☐ ☐
sufficient predominantly sufficient predominantly insufficient insufficient

3.5. Treating psychological pain

☐ ☐ ☐ ☐
sufficient predominantly sufficient predominantly insufficient insufficient

3.6. Treatment with additional drugs (prevention of obstipation, antiemesis, ...)

☐ ☐ ☐ ☐
sufficient predominantly sufficient predominantly insufficient insufficient

3.7. Dealing with various forms of applications (oral, subcutaneous, transdermal, ...)

☐ ☐ ☐ ☐
sufficient predominantly sufficient predominantly insufficient insufficient

3.8. Application of complementary pain therapy methods (relaxation techniques, conversation, acupuncture, ...)

☐ ☐ ☐ ☐
sufficient predominantly sufficient predominantly insufficient insufficient

3.9. Treatment with additional drugs (antidepressants, anticonvulsants, corticosteroids, ...)

☐ ☐ ☐ ☐
sufficient predominantly sufficient predominantly insufficient insufficient

3.10. Dealing with pain scales

☐ ☐ ☐ ☐
sufficient predominantly sufficient predominantly insufficient insufficient

3.11. Documentation of pain

☐ ☐ ☐ ☐
sufficient predominantly sufficient predominantly insufficient insufficient

4. Please assess your occupational group’s competence in the field of symptom control in the following points:

4.1. Gastrointestinal symptoms (nausea, emesis, singultus, obstipation, ileus)

☐ ☐ ☐ ☐
sufficient predominantly sufficient predominantly insufficient insufficient

4.2. Neurologic symptoms (vertigo, headaches, ...)

☐ ☐ ☐ ☐
sufficient predominantly sufficient predominantly insufficient insufficient
4.3. Pulmonal symptoms (pulmonary edema, dyspnea, ...)  
☐ sufficient  ☐ predominantly sufficient  ☐ predominantly insufficient  ☐ insufficient  
4.4. Urologic symptoms (dysuria, anuria, ...)  
☐ sufficient  ☐ predominantly sufficient  ☐ predominantly insufficient  ☐ insufficient  
4.5. Dehydration, cachexia  
☐ sufficient  ☐ predominantly sufficient  ☐ predominantly insufficient  ☐ insufficient  
4.6. Psychological symptoms (angst, depression, confusion, ...)  
☐ sufficient  ☐ predominantly sufficient  ☐ predominantly insufficient  ☐ insufficient  
4.7. Other.................................................................................................

5. Did your academic education prepare you adequately for the care for critically ill and end-of-life patients?  
☐ yes  ☐ to a certain extent  ☐ predominantly not  ☐ no  

6. Please indicate whether your occupational group has a need for qualified training opportunities or further training courses on pain therapy by ticking the following boxes:

6.1. Pain-physiological mechanisms (pain memory, pain spiral, pain threshold, pain tolerance,...)  
☐ high  ☐ predominantly high  ☐ predominantly low  ☐ low  
6.2. Dealing with pain scales  
☐ high  ☐ predominantly high  ☐ predominantly low  ☐ low  
6.3. Applying the WHO analgesic Ladder for pain management  
☐ high  ☐ predominantly high  ☐ predominantly low  ☐ low  
6.4. Treating acute pain  
☐ high  ☐ predominantly high  ☐ predominantly low  ☐ low  
6.5. Treating chronic pain  
☐ high  ☐ predominantly high  ☐ predominantly low  ☐ low
6.6. Treatment with additional drugs (prevention of obstipation, antiemesis, ...)

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6.7. Dealing with various forms of applications (oral, subcutaneous, transdermal, ...)

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6.8. Application of complementary pain therapy methods (relaxation techniques, conversation, acupuncture, ...)

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6.9. Treatment with additional drugs (antidepressants, anticonvulsants, corticosteroids, ...)

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6.10. Documentation of pain

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6.11. Other: ...................................................................................................

7. Please tell us whether your occupational group has a need for qualified training opportunities or further training courses on symptom control by ticking the following boxes:

7.1. Gastrointestinal symptoms (nausea, emesis, singultus, obstipation, ileus)

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7.2. Neurologic symptoms (vertigo, headache, ...)

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7.3. Pulmonal symptoms (pulmonary edema, dyspnea, , ...)

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7.4. Urologic symptoms (dysuria, anuria, ...)

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7.5. Dehydration, cachexia

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7.6. Psychological symptoms (angst, depression, confusion, ...)

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7.7. Other: .....................................................................................................
8. Please tell us whether your occupational group has a need for **qualified training opportunities or further training courses** on **psychosocial care** for critically ill and end-of-life patients and their relatives by ticking the following boxes:

8.1. Communication with patients
☐ high  ☐ predominantly high  ☐ predominantly low  ☐ low

8.2. Communication with relatives
☐ high  ☐ predominantly high  ☐ predominantly low  ☐ low

8.3. Handling of introductory conversations
☐ high  ☐ predominantly high  ☐ predominantly low  ☐ low

8.4. Conducting difficult conversations (dying, death, mourning, “last things”, …)
☐ high  ☐ predominantly high  ☐ predominantly low  ☐ low

8.5. Care of patients in their last days (terminal phase)
☐ high  ☐ predominantly high  ☐ predominantly low  ☐ low

8.6. Care of relatives in the patient’s last days (terminal phase)
☐ high  ☐ predominantly high  ☐ predominantly low  ☐ low

8.7. Care of relatives after the patient’s death
☐ high  ☐ predominantly high  ☐ predominantly low  ☐ low

8.8. Ethical questions
☐ high  ☐ predominantly high  ☐ predominantly low  ☐ low

8.9. Other: .......................................................... ..........................................................

9. Please tell us whether your occupational group has a need for **supporting/accompanying measures** to help them deal with **psychological strains** by ticking the following boxes:

9.1. Discussions with colleagues
☐ high  ☐ predominantly high  ☐ predominantly low  ☐ low

9.2. Interdisciplinary discussions
☐ high  ☐ predominantly high  ☐ predominantly low  ☐ low

9.3. Discussions right after a straining situation with a person of trust in a professional context
☐ high  ☐ predominantly high  ☐ predominantly low  ☐ low
9.4. Supervision, balint groups

- High
- Predominantly high
- Predominantly low
- Low

9.5. Seminars for dealing with critically ill and end-of-life patients

- High
- Predominantly high
- Predominantly low
- Low

9.6. Other: ........................................................................................................................................

10. Which of the following topics for qualified training opportunities would you rank the most important? Please indicate your priority order with numbers. (1: most important – 5: least important)

- Ethical Questions
- Symptom control
- Your own strategies of coping
- Pain therapy
- Psycho-social care

11. At what time of the day do you prefer to take part in qualified training opportunities? Please indicate your preferable time of the day with numbers. (1: most convenient; 6: least convenient)

- Evening classes / events
- Afternoon classes / events
- Day-time classes / events
- Weekend classes / events
- Compact courses (Monday to Friday)
- Compact courses (Monday to Sunday)
- Other: ..........................................................

12. Would you bear the costs for qualified training opportunities or training courses?

- Yes
- Partly
- No (please go on with question 13)

If you ticked “yes” or “partly”: What would be the maximum amount per year you would be willing to spend (in ÖS)?.................

13. Where would you attend qualified training opportunities? (tick where applicable!)

- In your area
- In the Steiermark
- In Austria
- Abroad
14. Which kind of set-ups do you prefer for qualified training opportunities or training in the following subject matters?

14.1. Ethical Questions
- [ ] interdisciplinary
- [ ] monodisciplinary

14.2. Symptom control
- [ ] interdisciplinary
- [ ] monodisciplinary

14.3. Your own strategies of coping
- [ ] interdisciplinary
- [ ] monodisciplinary

14.4. Pain therapy
- [ ] interdisciplinary
- [ ] monodisciplinary

14.5. Psycho-social care/support
- [ ] interdisciplinary
- [ ] monodisciplinary

14.6. Other: …………………
- [ ] interdisciplinary
- [ ] monodisciplinary

15. How much time did you spend on training courses/continued learning programs in the last two years which dealt with the following issues? Please indicate the time by writing down the hours you spent on those programs.

- Palliative care/terminal care ... hrs
- Symptom control ... hrs
- Support of relatives of critically ill and end-of-life patients ... hrs
- Pain therapy ... hrs
- Psycho-social care/support of critically ill or end-of-life patients ... hrs
- Other: ........................................................................................................... ... hrs

16. Please assess the importance of the cooperation among different occupational groups:

- [ ] important
- [ ] predominantly important
- [ ] predominantly unimportant
- [ ] unimportant

Thank you very much for your time!