

# Common Clinical Tools

## Recognise End of Life

General

### Supportive and Palliative Care Indicator Tool (SPICT)

Identify a person whose health is deteriorating for palliative care assessment and care planning.  
\*Requires free registration for access.

ELDAC has identified 12 clinical tools that can be used when providing care for older people at the end of life. Find out more about the Common Clinical Tools on the ELDAC website, [www.eldac.com.au](http://www.eldac.com.au).

## Assess Palliative Care Needs

### Physical Needs

General

### Symptom Assessment Scale (SAS)

Measure severity of distress of the following symptoms: (1) Difficulty sleeping; (2) Appetite problems; (3) Nausea; (4) Bowel problems (5) Breathing problems; (6) Fatigue; and (7) Pain.  
\*Download via the ELDAC Clinical Tools page

Dyspnoea

### Modified Borg Scale (mBORG)

Assess difficulty of breathing in a person able to communicate verbally or point.

Nutrition

### Mini-Nutritional Assessment Short-Form (MNA®-SF)

Identify an older person who is malnourished or at risk of malnutrition.

Pain

### Modified Resident's Verbal Brief Pain Inventory (M-RVBPI)

Assess pain multidimensionally in a person able to communicate. This can be undertaken weekly or at longer intervals.

Pain

### Numerical Rating Scale for pain (NRS)

Assess pain intensity in a person able to communicate verbally or point.

Pain

### Abbey Pain Scale

Measure pain in a person with dementia who cannot communicate verbally.

Pain

### Verbal Descriptor Scale (Pain Thermometer)

Assess pain intensity in a person able to communicate verbally or point, including a person with moderate to severe cognitive impairment.

### Psychosocial Needs

Delirium

### Confusion Assessment Method (CAM) – Shortened version

Identify a person with delirium.

Anxiety or Depression

### Kessler Psychological Distress Scale (K10)

Measure psychological distress.

Depression

### Cornell Scale for Depression (CSD)

Assess depression in a person with or without cognitive impairment.  
\*See page 10 of the ACFI Assessment pack

### Caregiver Needs

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### NAT-CC – Needs Assessment Tool for Caregivers

Identify areas of concern for someone providing care to a person living with a chronic condition.