

The Palliative Approach for Nursing Assistants (PANA) Questionnaires

The following questionnaires were designed, developed and validated for nursing assistants' (however termed) level of education and scope of practice within a palliative approach in residential aged care facilities (however termed). The questionnaires are:

1. PANA_Knowledge Questionnaire (17 items)
2. PANA_SKILLS Questionnaire (13 items)
3. PANA_Attitudes Questionnaire (10 items)

Instructions for completing each questionnaire precede each item set. How to score the questionnaires is included at the end.

The PANA Questionnaires were developed during the doctoral study conducted by Sara Karacsony at Western Sydney University. They can be administered separately or together for the purpose of evaluating nursing assistants' knowledge, skills and attitudes within a palliative approach.



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PANA_Knowledge Questionnaire

The purpose of these questions is to learn about your knowledge of a palliative approach. All questions concern the care of a person receiving a palliative approach and his/her family in the place where you provide care.

Instructions for completing the questionnaire

1. Please answer each question True, False or Don't Know.
2. Please answer ALL questions.

A palliative approach aims to improve quality of life when people have an illness or a condition that affects how long they will live.*	True	False	Don't Know
A palliative approach supports comfort but does not provide a cure.*	True	False	Don't Know
A palliative approach may be required for some people for months or years while for others it may be required for hours or days.*	True	False	Don't Know
The needs of people requiring a palliative approach are the same.	True	False	Don't Know
A palliative approach is offered when treatment will not help the person to live longer. *	True	False	Don't Know
People who have advanced cancer, severe lung or heart or kidney disease or advanced dementia benefit from a palliative approach. *	True	False	Don't Know
Families can often experience grief before the death of their family member. *	True	False	Don't Know
It is better to provide information about a palliative approach to people from culturally and linguistically diverse backgrounds in English.	True	False	Don't Know
The reason why a person receives nutrition through a Percutaneous Gastrostomy (PEG) tube (a feeding tube into the	True	False	Don't Know

stomach) is because he/she can no longer swallow safely. *			
Identifying symptoms (physical signs) is the first step in being able to manage symptoms. *	True	False	Don't Know
Pain relief before providing physical care, such as dressing a wound, can help a person experiencing pain feel more comfortable.*	True	False	Don't Know
When a person is receiving pain relief, they no longer feel pain.	True	False	Don't Know
Families or carers who know the person best are usually the first to detect changes in a person's condition. *	True	False	Don't Know
A person expressing a wish to die means that the person will die soon.	True	False	Don't Know
Bladder and bowel problems can cause discomfort when a person approaches the end of life.*	True	False	Don't Know
When a person has experienced a deterioration over time, it is a sign that they are approaching the end stage of their illness.*	True	False	Don't Know
Signs that death is near can be present hours to days before death occurs.*	True	False	Don't Know

PANA_Skills Questionnaire

The purpose of these statements is to learn about your skills when providing a palliative approach. All statements concern the care of a person receiving a palliative approach and his/her family in the place where you provide care.

Instructions for completing the questionnaire

1. For each statement, choose ONE option that best describes your ability.
2. Please respond to ALL statements.

Observe what a person can do without assistance.	I know how to do this	Unsure	I don't know how to do this
Assist in updating care plans.	I know how to do this	Unsure	I don't know how to do this
Direct families to other members of the care team when they need further advice.	I know how to do this	Unsure	I don't know how to do this
Care for a person with challenging behaviours.	I know how to do this	Unsure	I don't know how to do this
Raise the concerns of (advocate for) the individuals in my care.	I know how to do this	Unsure	I don't know how to do this
Observe for pain using a valid and reliable pain assessment tool.	I know how to do this	Unsure	I don't know how to do this
Provide non-medication strategies, such as gentle massage, in order to manage pain.	I know how to do this	Unsure	I don't know how to do this
Evaluate the effectiveness of pain management strategies using a validated pain assessment tool.	I know how to do this	Unsure	I don't know how to do this
Contribute to problem solving to seek solutions.	I know how to do this	Unsure	I don't know how to do this
Recognise the signs when an individual is in the last days or hours of life.	I know how to do this	Unsure	I don't know how to do this

Attend to a dying individual's care.	I know how to do this	Unsure	I don't know how to do this
Find ways to cope with my own emotional responses when a person I have been caring for has died.	I know how to do this	Unsure	I don't know how to do this
Reflect on what I say and do when providing a palliative approach.	I know how to do this	Unsure	I don't know how to do this

PANA_Attitudes Questionnaire

The purpose of these statements is to learn how nursing assistants feel providing a palliative approach. All questions concern the care of a person receiving a palliative approach and his/her family in the place where you provide care.

Instructions for completing the questionnaire

1. Please indicate how much you agree or disagree with each of the following statements.
2. Please respond to ALL statements.

A palliative approach can help a person's quality of life.	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
Being aware of a person's emotional, social and spiritual needs is my responsibility.	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
Caring for a person with a palliative approach is rewarding.	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
Providing a palliative approach based on an individual's wishes improves quality of life.	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
Understanding physical and emotional changes at the end of life helps me provide care with a palliative approach.	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
I feel comfortable when an individual receiving a palliative approach says they are ready to die.	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
I make a difference to a person's day when I provide care with a palliative approach.	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
I have an important role to play in pain assessment and management.	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree

When I provide care with a palliative approach, I think about the whole person.	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
Privately sharing experiences with colleagues is important when providing a palliative approach.	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree

Scoring

Scoring	Correct/positive response = 1 point	Total
PANA_Knowledge Questionnaire	True* False items: 4, 11, 15, 19	17
PANA_Skills Questionnaire	I know how to do this	13
PANA_Attitudes Questionnaire	1= Strongly Agree/Agree 0= Unsure/Disagree/Strongly Disagree	10
Total		40