

Perceived well-being of patients with advanced illness, the results of the first national well-being assessment in palliative care in The Netherlands

 N. Stoks¹, K. Kochems², C. Stoop², D. Boxman², C. Cramer-van der Welle², C. Veenvliet², S. Teunissen¹, E. de Graaf¹
1. University Medical Center Utrecht, The Netherlands; 2. Dutch Institute of Palliative Care, Utrecht, The Netherlands

Introduction
The Dutch National Program for Palliative Care II (NPPZII aims to 1) raise awareness of palliative care and 2) ensure accessible, appropriate care for all in need across diverse settings. An annual national wellbeing assessment is a key part of NPPZII's ongoing evaluation.

Aim
To evaluate perceived wellbeing and multidimensional symptoms and concerns of patients in the palliative phase in The Netherlands.

Method
A cross-sectional survey in the Netherlands from October 12-November 4, 2024.

- Patients with incurable illnesses and limited life expectancy, regardless of diagnosis or care setting, were eligible
- Hospitals included both oncology and non-oncology wards for diversity.

Primary outcomes: Wellbeing, symptoms, and concerns were assessed using the Utrecht Symptom Diary- four-dimensional (USD-4D), a validated 11-point Patient Reported Outcome Measure (PROM) nine physical and two psychological symptoms, five socio-existential concerns and perceived well-being and value of life.

Descriptive statistics were applied for data analysis.



Results
231 patients (mean age 74, 71% female) completed the questionnaire. Cancer was the main diagnosis (78%). While 70% of home patients reported mild activity limits, hospital and hospice patients had greater impairments. Most knew their palliative status; only hospice patients (71%) reported life expectancy <3 months.

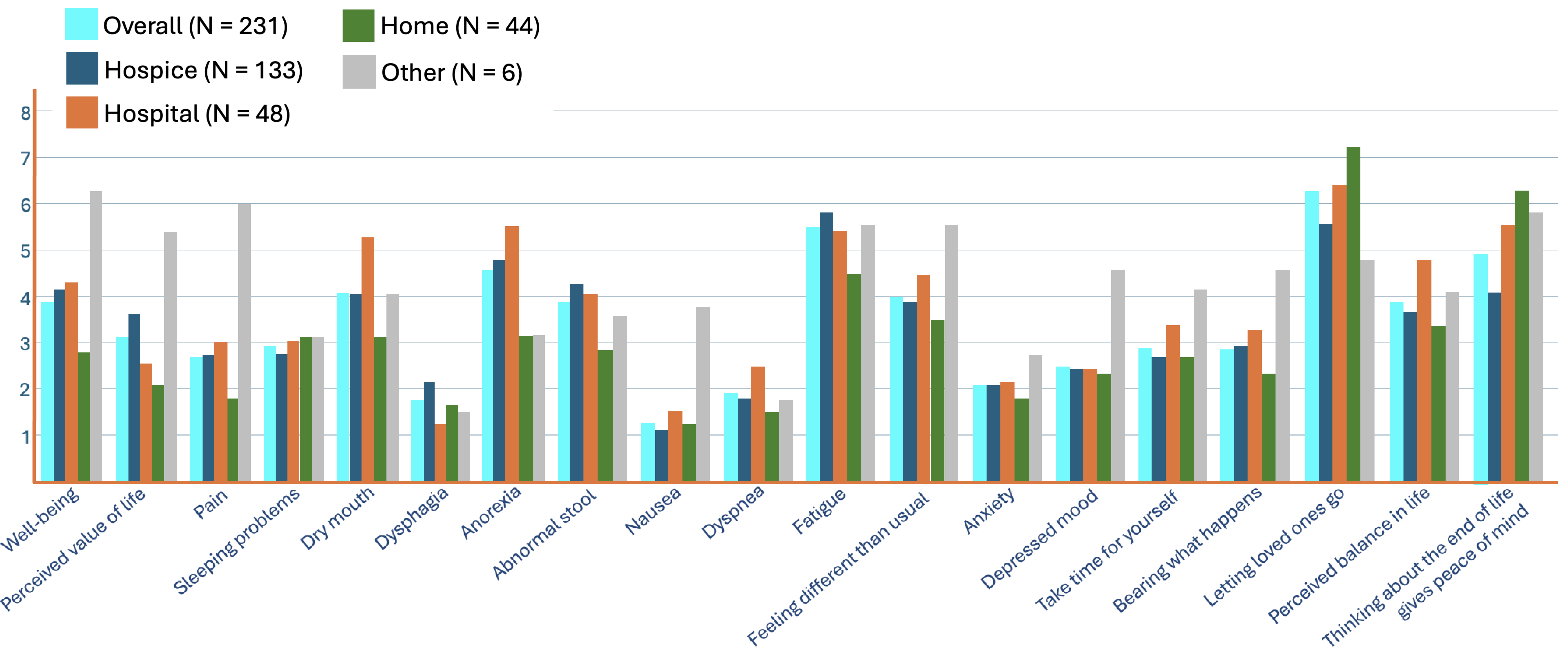


Figure 1. Mean outcome well-being, symptoms, and concerns administrated with USD-4D across settings

Conclusion
Patients in the palliative phase perceive high symptom burden across settings. The implementation of routine symptom assessments could enhance symptom management in palliative care and ameliorate quality of life of patients in all settings.