



PCOCI 
Palliative Care Outcomes
Collaboration Ireland

**LET'S TALK ABOUT
YOUR CARE**

NOCA National Office of
Clinical Audit

WHAT IS PCOCI?

It is a programme that seeks to drive improvements in Irish Specialist Palliative Care services.

Using the Palliative Care Outcomes Collaboration (PCOC) assessment tools, which were originally developed in Australia, we collect important information about the care we give you and your family throughout your illness. This helps us to continually improve the care we provide.

WHAT ARE THE ASSESSMENT TOOLS USED?

PCOCI uses five clinical assessment tools to help assess your symptoms, your ability to function, and to perform day to day tasks. The tools also measure how you respond to our care. This helps you and your family/carer to speak with staff about your care.

THE EDMONTON SYMPTOM ASSESSMENT SYSTEM (ESAS)

is used to guide conversations between you and our staff. We want to know about your symptoms and concerns. This information will help us to best manage your care.

THE 11 SYMPTOMS WE WILL ASSESS ARE:

Pain	Constipation
Tiredness	Sleep
Drowsiness	Depression
Nausea	Anxiety
Appetite	Wellbeing
Shortness of Breath	Other

“IT’S NOT A BOX-TICKING EXERCISE. IT’S A CONVERSATION THAT REFLECTS THE VERY HEART OF PALLIATIVE CARE”

WHAT WILL YOU BE ASKED TO DO?

Every day, if you are an inpatient, or at each visit or phone call if you are in the community, one of the clinical staff caring for you will ask you to rate the severity (from 0 to 10) of the symptoms and concerns you are experiencing.

- **A score of 0 means the symptom (or problem) is absent.**
- **A score of 1 means that you are experiencing a mild symptom.**
- **A score of 10 means that you are experiencing the worst possible severity of that symptom.**

Please rate your symptoms and concerns yourself. If needed, you can ask a family member, carer or a staff member to help you.

HOW IS PCOCI INFORMATION USED?

As clinicians, we will use the information PCOCI gives us to measure and improve the quality of palliative care we provide for you and your family. The information collected is compared with other services in Ireland and internationally.

Healthcare research can also help to improve care. NOCA may allow researchers to access some of the data collected through PCOCI. Before this happens, the research must be approved by a research ethics committee and appropriate data protection safeguards must be in place.

Researchers are only given data that has had personal details removed or replaced with a code. Your personal information - such as your name, address, or date of birth - will not be shared with researchers. This means researchers cannot identify you or contact you.

WHAT IS THE NATIONAL OFFICE OF CLINICAL AUDIT (NOCA)?

NOCA was set up in 2012 to support national clinical audits of healthcare in Ireland. National clinical audits regularly look at different areas of care to see how well services are working and where improvements can be made.

National clinical audits look at:

- how healthcare services are organised
- how care is provided
- the outcomes experienced by patients.

NOCA works with healthcare providers to help them understand and use this information so they can learn from it and improve patient care over time.

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HOW DOES NOCA KEEP MY INFORMATION CONFIDENTIAL?

It is our duty to keep your information confidential. We will do this by:

- Training staff in handling information and knowing their responsibilities
- Keeping all your information in a secure purpose-built database
- Complying with all regulations relating to confidentiality and protection of data
- Ensuring it is only viewed by authorised staff approved by NOCA
- Ensuring your information is not changed in any way.

SYMPTOM ASSESSMENT

What best describes how you felt during the last 24 hours?

If needed, you can ask a family member, carer or staff member to help you.



0 Dark green - no problem at all

1 Light green - a small problem, but it is manageable

5 Orange - a moderate problem and more difficult to manage

10 Red - a big problem and very difficult to manage.

Symptoms and problems:

- Pain
- Tiredness (lack of energy)
- Drowsiness (feeling sleepy)
- Nausea
- Appetite
- Shortness of breath
- Constipation
- Sleep
- Depression (feeling sad)
- Anxiety (feeling nervous)
- Wellbeing (how you feel overall)
- Other

March 2026

Based on the Edmonton Symptom Assessment System - PCOC

You can contact the National Office of Clinical Audit at:

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Please ask a member of staff about PCOCI if you have any further questions.