Geriatric Assessment for Nurses

Clinical guide: Quality of Life Assessment of the Older People

Clinical Guide
Learning outcomes
• Explain the purpose and domains of WHOQOL-BREF, OPQOL, and SF-36. • Administer QoL questionnaires ethically and sensitively. • Score and interpret each tool correctly. • Identify factors affecting QoL in older adults. • Document findings and integrate them into care planning. • Communicate results to older adults and their caregivers.
Required assessment tools
• WHOQOL-BREF, OPQOL, and SF-36.
Clinical skills should be parcticed
Each student should practice administering WHOQOL-BREF, OPQOL, and SF-36. • Explain the purpose and domains of WHOQOL-BREF, OPQOL, and SF-36. • Administer QoL questionnaires ethically and sensitively. • Score and interpret each tool correctly. • Identify factors affecting QoL in older adults. • Document findings and integrate them into care planning. • Communicate results to older adults and their caregivers. Check for correct screening **1** WHOQOL-BREF • Items scored 1–5 • Convert raw scores to domain scores • Higher score = better QoL 2 OPQOL • Each item scored 1–5 • Total score range: 35–175 • Higher score = better QoL 3 SF-36 • Reverse scoring for some items • Convert raw scores into eight domain scores (0–100)

- Higher score = better functioning/well-being

Discussion

Physical well-being concerns
- Mobility limitations
- Pain
- Fatigue
- Sleep problems

Psychological concerns
- Anxiety or depression
- Loneliness
- Cognitive issues

Social well-being issues
- Lack of support
- Isolation
- Relationship strain

Environmental issues
- Unsafe home
- Poor finances
- Access to services

Clinical Practice Activity

In small groups, students will:
1. Administer the three QoL tools to one older adult.
2. Compare findings across the tools.
3. Discuss which tool captured QoL issues best for the patient.
4. Present summary and care plan.

Assessment criteria for students

Component	Marks
Communication	4
Questionnaire Administration	4
Scoring Accuracy	4
Interpretation	4
Documentation & Care Plan	4