

Attachment 1. Questionnaire on Knowledge, Attitudes and Perceptions about Palliative Care in the Lay Population (CAP-CP-PL)

Instructions for the participant: This questionnaire aims to understand your level of knowledge, attitudes, and perceptions about palliative care. Responses are confidential and anonymous. The information will be used for XXXXX purposes only at XXXXXX of XXXXXXX. Please answer all questions honestly and as completely as possible.

Section A: Sociodemographic data

Age:

- 18 to 23 years old.
- 24 to 29 years old.
- 30 to 35 years old.
- 36 to 41 years old.
- 42 to 50 years old.
- Over 50 years old.

What is your sexual orientation?

- Cisgender man (identifies as a man and recognizes the male sex assigned to him at birth).
- Transgender man (was assigned female at birth, but lives and identifies as a man).
- Cisgender woman (identifies as a woman and recognizes the female sex assigned to her at birth).
- Transgender woman (was assigned male at birth, but lives and identifies as a woman).
- Non-binary (does not identify exactly as male or female).
- Other.
- I prefer not to answer.

Level of education attained:

- No schooling.
- Incomplete elementary education.
- Complete elementary education.
- Incomplete high school education.
- Complete high school education.
- Incomplete higher education.
- Complete higher education.
- Postgraduate studies (Specialization, Master's, Doctorate, Post-Doctorate).

Previous Experience with Palliative Care.

Have you ever had any experience with Palliative Care?

- No.
- Volunteering in compassionate communities.
- Family member or someone close to you in Palliative Care.
- Professional work not directly related to the healthcare field (directly attending to patients).
- Informal learning (knows on your own without having taken courses, through your own research).
- I have participated in volunteer activities and identify with them.
- I have lost a loved one and became interested after that.
- I have had contact through social media and follow influencers who discuss the topic.
- I have seen a movie or TV program and am interested.
- I have acquired and read books that talk about this topic.

Section B: Knowledge about Palliative Care

Choose the option that corresponds to your thoughts on Palliative Care:

Palliative Care is a set of comprehensive health care measures aimed at improving quality of life and should be offered to people with serious illnesses that threaten the continuation of life but are not necessarily terminal.

- I totally agree.
- I partially agree.
- I agree.
- I neither agree nor disagree.
- I disagree.
- I totally disagree.

Palliative care is only offered when the patient is in the terminal phase of the disease (patients with little time left to live).

- I totally agree.
- I partially agree.
- I agree.
- I neither agree nor disagree.
- I disagree.
- I totally disagree.

Morphine and other analgesics (pain medications) are used in palliative care only for patients near death.

- I totally agree.
- I partially agree.
- I agree.
- I neither agree nor disagree.
- I disagree.
- I totally disagree.

The use of morphine in palliative care can cause dependence in patients who receive it to control severe pain.

- I totally agree.
- I partially agree.
- I agree.
- I neither agree nor disagree.
- I disagree.
- I totally disagree.

The appropriate time to offer palliative care is at the time of diagnosis of a serious illness.

- I totally agree.
- I partially agree.
- I agree.
- I neither agree nor disagree.
- I disagree.
- I totally disagree.

Palliative care should include pain management, emotional support, and attention to physical, social, psychological, and spiritual symptoms.

- I totally agree.
- I partially agree.
- I agree.
- I neither agree nor disagree.
- I disagree.
- I totally disagree.

Section C: Attitudes towards Palliative Care

Choose the option that corresponds to what you think about Palliative Care:

I believe that Palliative Care should be accessible to all people with chronic diseases, regardless of how the disease progresses.

- I totally agree.
- I partially agree.
- I agree.
- I neither agree nor disagree.
- I disagree.
- I totally disagree.

I believe that palliative care should involve both the patient and their family in decision-making.

- I totally agree.
- I partially agree.
- I agree.
- I neither agree nor disagree.
- I disagree.
- I totally disagree.

I believe that decisions regarding medical procedures in palliative care should be made solely by physicians, without the involvement of family members.

- I totally agree.
- I partially agree.
- I agree.
- I neither agree nor disagree.
- I disagree.
- I totally disagree.

I believe that information about a patient's health status should be fully shared with them, regardless of the severity of their condition, except for patients who have expressly stated their wish not to know about their treatment and the measures being taken.

- I totally agree.
- I partially agree.
- I agree.
- I neither agree nor disagree.
- I disagree.
- I totally disagree.

Can a patient in palliative care choose to die at home instead of going to the hospital?

- I totally agree.
- I partially agree.
- I agree.
- I neither agree nor disagree.
- I disagree.
- I totally disagree.

If a patient in palliative care chooses to die at home, do you know how to proceed and what to do?

- I totally agree.
- I partially agree.
- I agree.
- I neither agree nor disagree.
- I disagree.
- I totally disagree.

Section D: Personal perceptions and experiences with Palliative Care

Have you or someone close to you had direct experience with palliative care?

- Yes.
- No.

If you answered "Yes" to the previous question, briefly describe your experience.

In your opinion, what are the main barriers preventing people in your community from accessing palliative care? If you don't know, write "I don't know".

In your opinion, what could be improved to make palliative care more accessible in your country?

Seção E: Avaliação do conhecimento aplicado

If you don't know what it is about, you should write that you don't know and/or don't understand what it is about. Describe, in your own words, what you know or understand about "living will" or "advance directives - AD". If you don't know, write "I don't know".

List the names of illnesses that you believe are indicated for palliative care, morphine (pain medication), and sedation (making the patient drowsy or in a deep sleep):



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Attachment 2. Guiding Model for Structuring Educational and Teaching Resources

1. Name of the teaching resource project:			
2. Multidisciplinary team:			
Collaboration	Name	Sector/Area	Contact
Interviewer			
Content Creator			
Reviewer			
Approver			
3. Data from the educational project			
3.1. What instrument was used to assess the level of knowledge and perception?			
<input type="checkbox"/> CAP-CAP-PL <input type="checkbox"/> Other: _____			
3.2. What sociodemographic information about your target audience was collected from item 3.1?			
Age range	Sex	Level of Education	Prior experience with palliative care
3.2.1. Estimated total target audience to be reached:			
3.2.2. What type of resource will be used?			
<input type="checkbox"/> In person	<input type="checkbox"/> Digital	<input type="checkbox"/> Hybrid	<input type="checkbox"/> Other: _____
3.3. What is the purpose of the educational resource on Palliative Care?			
<input type="checkbox"/> Inform and guide	<input type="checkbox"/> Deepen knowledge	<input type="checkbox"/> Promote discussions and reflections.	
<input type="checkbox"/> Reinforce concepts	<input type="checkbox"/> Other: _____		
3.4. Are there any prerequisites that the population must have or be aware of to use this educational resource?			
<input type="checkbox"/> No		<input type="checkbox"/> Yes. Which ones? _____	
3.5. Type of production of the teaching resource:			
<input type="checkbox"/> Adaptation and customization of existing content.	<input type="checkbox"/> External contracting		<input type="checkbox"/> Domestic production
Supplier: _____			
4.1 Information for the structural basis of the educational resource:			
4.2. What are the performance objectives for the project?	4.3. What are the learning objectives?	4.4. What is the expected content?	
How will the understanding of the teaching resource used be viewed?	What behavior or knowledge should the population have acquired after using the educational resource?	What should be taught and included in the teaching resource to achieve the objectives?	
What should people know and do differently and better after having access to this educational resource?	What skills, attitudes, and learning processes are necessary to achieve the objectives?	What topics will be covered?	
4.5. Theoretical foundations			



5. Results of the process indicators:			
5.1. What indicators will be evaluated to prove the effectiveness of this educational project?			
Indicators	Monitoring method	Monitoring frequency	Descriptive sheet prepared
			<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Conceptions of Learning (describe the educational theory, dimensions of learning, and learning styles to be addressed).			



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