

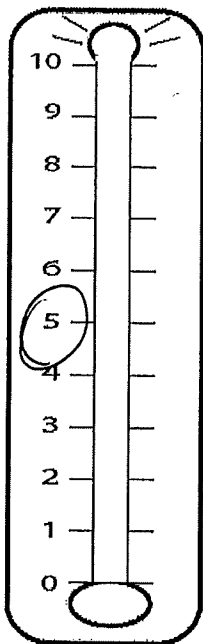
April 2018

NCCN Distress Thermometer for Patients

SCREENING TOOLS FOR MEASURING DISTRESS

Instructions: First please circle the number (0-10) that best describes how much distress you have been experiencing in the past week including today.

Extreme distress



No distress

Second, please indicate if any of the following has been a problem for you in the past week including today. Be sure to check YES or NO for each.

YES NO Practical Problems

- Child care
- Housing
- Insurance/financial
- Transportation
- Work/school
- Treatment decisions

Family Problems

- Dealing with children
- Dealing with partner
- Ability to have children
- Family health issues

Emotional Problems

- Depression
- Fears
- Nervousness
- Sadness
- Worry
- Loss of interest in usual activities

Spiritual/religious concerns

- Spiritual/religious concerns

YES NO Physical Problems

- Appearance
- Bathing/dressing
- Breathing
- Changes in urination
- Constipation
- Diarrhea
- Eating
- Fatigue
- Feeling Swollen
- Fevers
- Getting around
- Indigestion
- Memory/concentration
- Mouth sores
- Nausea
- Nose dry/congested
- Pain
- Sexual
- Skin dry/itchy
- Sleep
- Substance abuse
- Tingling in hands/feet

Other Problems: _____

Referrals made: Social Work Dietitian Physician Cancer Rehab Outside Resource Palliative Care Financial

Progress Notes Encounter Date: 4/ 2018
Addendum

Registered Nurse
Medical Oncology

Met with pt and husband at first chemo - welcome packet given with all drug information and side effect management handouts included. Digital thermometer given with instructions for use. Reviewed all potential side effects and when to call office to report them. Reviewed anti emetics with pt. Pt also has good bowel regimen and bought prn meds if needed. Pt planning to work through tx. Resources provided including LGFB program and survivorship event. Pt reminded to call office for any side effects to report or call me to assist. Distress tool administered. Referrals were made to dietitian and social worker based on distress score. Pt was also given information about support groups available in the area including Gilda's Club and Cancer Care.

Documentation
on 4/ 2018