

# DISTRESS THERMOMETER

Name DOB Date

### **NCCN DISTRESS THERMOMETER**

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

### **PROBLEM LIST**

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

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YES N	O Practical Problems	YES	NO	Physical Problems
	Child care			Appearance
	Housing			Bathing/dressing
	Insurance/financial			Breathing
	Transportation			Changes in urination
	Work/school			Constipation
	Treatment decisions			Diarrhea
				Fating

# **Family Problems**

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

## **Emotional Problems**

Fears

Nervousness

Sadness Worry

usual activities

Spiritual/religious

# Depression

Loss of interest in

# concerns

Eating

Feeling swollen

**Fevers** 

Fatigue

Getting around

Indigestion

Memory/concentration

Mouth sores Nausea

Nose dry/congested

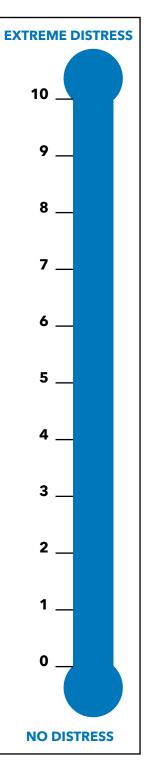
Pain Sexual

Skin dry/itchy

Sleep

Substance abuse

Tingling in hands/feet





# DISTRESS THERMOMETER

## **COMPLETING THE DISTRESS THERMOMETER**

#### What is Distress?

Distress can be defined as any unpleasant experience that may interfere with the ability to cope effectively with cancer, its physical symptoms, and its treatment.

#### What is this Distress Thermometer?

Think of the Distress Thermometer as another way of collecting vital signs. Just like checking your blood pressure helps the physicians and nurses determine your care, the distress thermometer allows you to notify your care team of issues that are important to you, whether they be emotional needs or practical concerns such as transportation, work, or financial needs.

# How do I complete the Distress Thermometer?

- First, look at the thermometer and circle which number you feel best describes the amount of distress you have been experiencing since your diagnosis.
- Second, review the checklist and please check Yes or No to indicate if any of these items have been a concern for you today or since your diagnosis.
- Please return the completed form to a member of your care team.

# Why am I being asked about Distress?

A cancer diagnosis can be overwhelming and often affects the whole person. It is common for individuals to experience mixed emotions, struggle with decisions about work or home life, and have financial concerns. At Shaw, we think it is important to care for the whole person. Therefore, we emphasize addressing the multiple needs that arise as you go through treatment. Completing the Distress Thermometer helps the care team know what issues are important to you.

## What happens after I complete the Distress Thermometer?

After you have completed the Distress Thermometer, it is likely you will be contacted by one of our social workers who reviews the thermometer and is here to address your concerns. Our social workers are licensed clinicians which means in addition to helping with practical matters such as transportation, locating resources, and financial concerns; they can also provide emotional support and counseling as needed.

If you would like to be contacted by one of our social workers, please let a member of your care team know.

Thank you for allowing us to be a part of your care.