

Talking about your symptoms and concerns

While you are receiving care, a health care professional will regularly ask you about your health symptoms and concerns. This is important to best manage your care. Symptoms and concerns are things that make you feel uncomfortable, hurt, or unwell either in your body or mind.

Tell us how you feel

Please tell us how you feel by rating each symptom or concern on a scale from 0 (zero) to 10.

To do this, look at the scale below and pick a number that best matches how strong the symptom or concern has been **over the last 24 hours**.

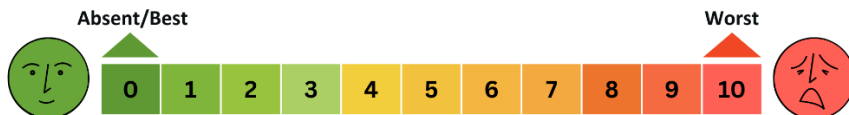
Please rate your symptoms and concerns yourself. If needed, you can ask a family member, carer or a staff member to help you.

The health symptoms and concerns we will ask you about are:

- Pain
- Tiredness
- Drowsiness
- Nausea
- Appetite
- Shortness of breath
- Constipation
- Sleep
- Depression
- Anxiety
- Wellbeing
- Other symptoms

Symptom Assessment

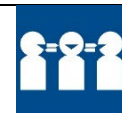
What best describes how you felt during the last 24 hours?



What do the scores and colours mean?

- 0 dark green** – no problem at all
- 1 light green** – a small problem, but it's manageable
- 5 orange** – a moderate problem and more difficult to manage
- 10 red** – a big problem and very hard to manage

Need an Interpreter? Ask the nurse to organise an Interpreter if you need help to communicate with staff. You can also call the Translating and Interpreting Service anytime on 131 450. These services are free and confidential.



Your privacy is important: Palliative care services send symptom information to the Palliative Care Outcomes Collaboration (PCOC), to help improve palliative care treatments. Patients' names and addresses **are not included** in this information. If you don't want your symptom information sent to PCOC, please email PCOC at pcoc@uow.edu.au.