SAS Information for residents and families

PACOP
palliative aged care outcomes program

A symptom is any feeling of physical or mental illness.

PACOP supports staff to assess symptoms by asking about the distress it causes. This helps them to know when you may need help from those looking after you.

Understanding the things that bother, worry, or upset you can help staff improve the care you receive.

The Symptom Assessment Scale (SAS) helps you to rate your distress from 0 to 10.

A score of 0 means you have no distress, increasing to a score of 10 for the most severe distress possible. You can rate your SAS or have a family or staff member help. The faces and colours may also help you score your symptoms over the past 24hrs.

There are 7 common symptoms named in the SAS, other symptoms that may cause you distress can be listed and rated under 'other'.

PACOP is fully funded by the Australian Government Department of Health & Aged Care.

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UNIVERSITY OF WOLLONGONG AUSTRALIA

For more information visit the PACOP website

PACOP **O** OUTCOMES COLLECTION

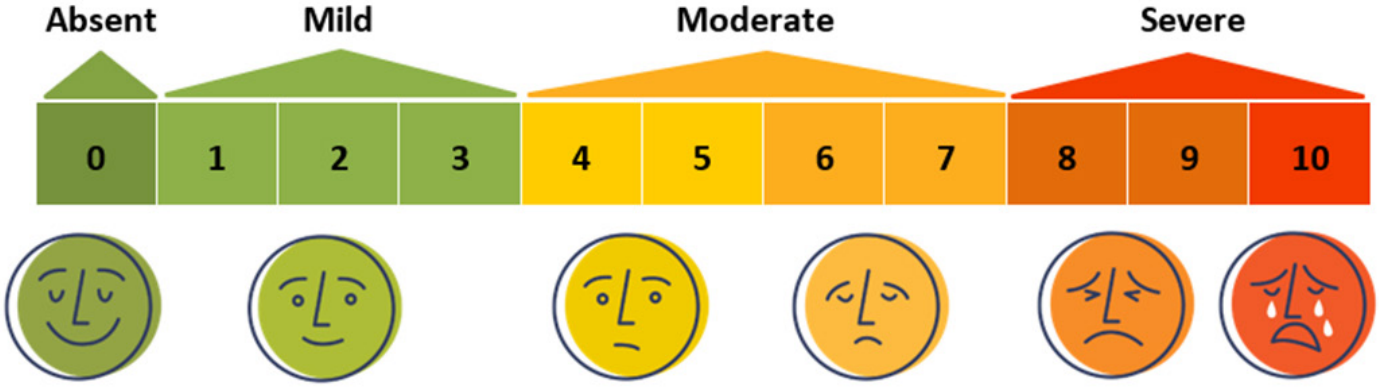
Palliative Care Daily Symptom Assessment

(Please complete or affix Label here)

UPI:
Surname
First name:
DOB:

Daily PCOC Symptom Assessment Scale (SAS)

Please use this form to ask the Resident about the symptoms that bothered, worried, or distressed them over the previous 24 hours. This information will help us to meet their needs.



1. Use the scale above to choose a number between 0 and 10 that shows how bothered, worried, or distressed the resident is.
2. You can add and rate ***other*** symptoms in the blank space at the bottom of the list.

Date									
Time									
Distress from Pain									
Distress from Fatigue									
Distress from Breathing problems									
Distress from Bowel problems									
Distress from Nausea									
Distress from Appetite problems									
Distress from Difficulty Sleeping									
Distress from 'Other Symptom'									
'Other Symptom' – Specify									
Rated **by**: R=Resident F=Family/unpaid carer C=care worker H=Healthcare professional									
Staff initials									

CARE WORKER ACTION (ESCALATION) BASED ON SAS SCORES

Absent (0) **No action required**	**Mild (1-3)** Report to RN/ Supervisor **WITHIN SHIFT**	**Moderate (4-7)** Report to RN/ Supervisor **WITHIN 30 MINUTES**	**Severe (8-10)** Report to RN/ Supervisor **IMMEDIATELY**