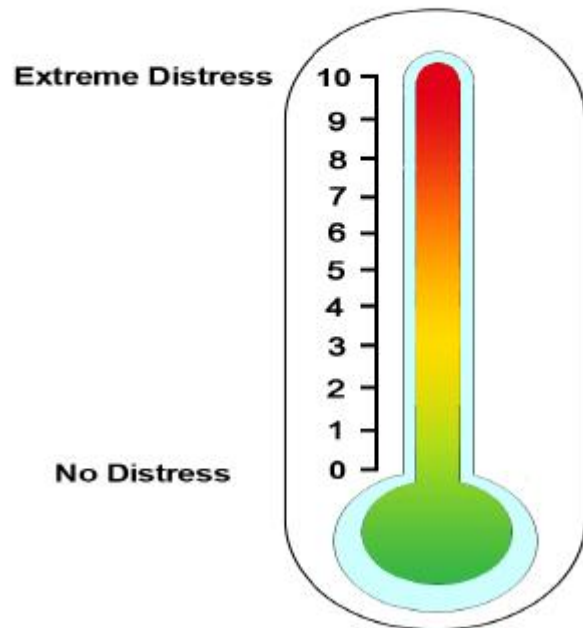


PLACE COPY IN CHART

Coping with Stress: The Distress Thermometer



Introduction

"Distress is anything which impacts negatively upon your life and stops you from doing anything you enjoyed before your diagnosis".

Having a serious illness can impact on many aspects of a person's life. The physical challenges presented are often the most obvious and are the focus of any treatment. However, health professionals are also often well placed to advise people when dealing with other difficulties such as psychological, spiritual, social and practical.

For many reasons, we know that it can be difficult for both the health professionals and the person to discuss the broad range of challenges that some diseases present. The Distress Thermometer is a tool that can help both the person and staff to begin a conversation with each other about the wider range of difficulties, together with the services and resources that may be helpful in addressing them.

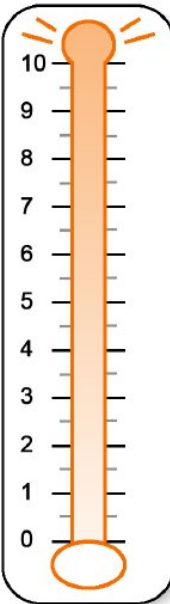
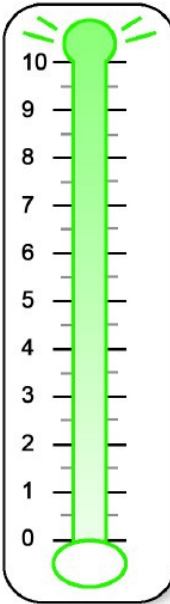
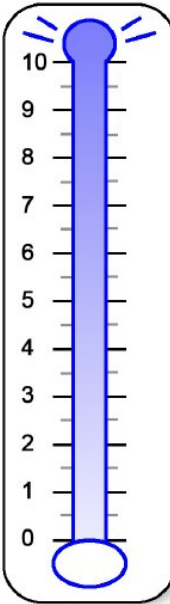
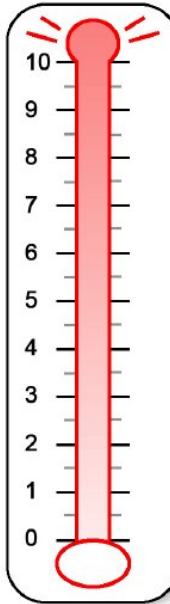
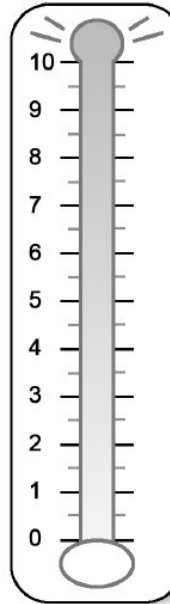

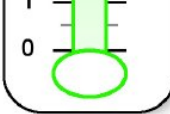
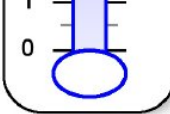
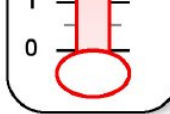
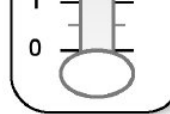
How to Use the Distress Thermometer

There are many ways of using the Distress Thermometer. Most importantly it is a way of enhancing communication between people and their health care teams. It allows a whole range of concerns to be explored. As an individual you may find your own way of using the Distress Thermometer and sharing it with others. Listed below are three ways of using this measure.

1. Just Circling a Number: You may find that you only want to do the first part of the tool, circling the number on the thermometer that best describes the distress you have felt over the past week. This is a quick way of identifying for yourself the extent of any distress that you may be experiencing.
2. Adapting the Instructions: After step 1 tick any problem boxes that apply to you. This can help you identify what has been contributing to your distress.
3. Following the full instructions: rank the top four problem areas. This can help you to identify which are the areas of greatest concern, providing a good starting point for developing a plan to address the concerns.

Emotion Thermometers 5 items+help

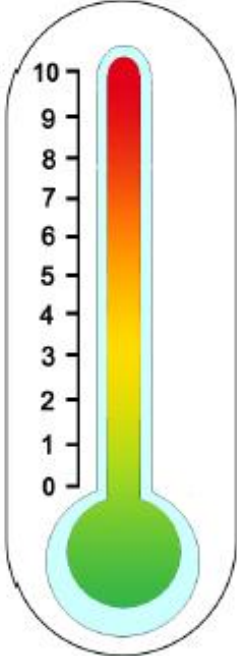
Instructions: In the first four columns, please mark the number (0-10) that best describes how much emotional upset you have been experiencing in the past week, including today. In the last column please indicate how much you need help for these concerns.

	1. Distress	2. Anxiety	3. Depression	4. Anger	5. Need Help	
Extreme						Desperately
None						Can manage by myself
<div style="border: 1px solid black; width: 100%; height: 15px; margin-bottom: 5px;"></div>						
<p> <input type="checkbox"/> Are you already getting help for these problems? N/A No Yes <input type="checkbox"/> Do you want further help for these problems? No Yes </p>						

Alex J Mitchell © 2013

Patient Name: _____ DOB: _____ Date: _____

The Distress Thermometer

<p>First please circle the number (0-10) that best describes how much distress you have been experiencing in the past week including today.</p>	<p>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.</p>																																																																																																																																																																																																								
<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;"> <p>Extreme Distress</p> <p>10</p> <p>9</p> <p>8</p> <p>7</p> <p>6</p> <p>5</p> <p>4</p> <p>3</p> <p>2</p> <p>1</p> <p>0</p> <p>No Distress</p> </div>  </div>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 5%;"></td> <td style="width: 5%;">YES</td> <td style="width: 5%;">NO</td> <td style="width: 45%;">Practical Problems</td> <td style="width: 5%;"></td> <td style="width: 5%;">YES</td> <td style="width: 5%;">NO</td> <td style="width: 40%;">Physical Problems</td> </tr> <tr> <td></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Child Care</td> <td></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Appearance</td> </tr> <tr> <td></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Housing</td> <td></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Bathing/dressing</td> 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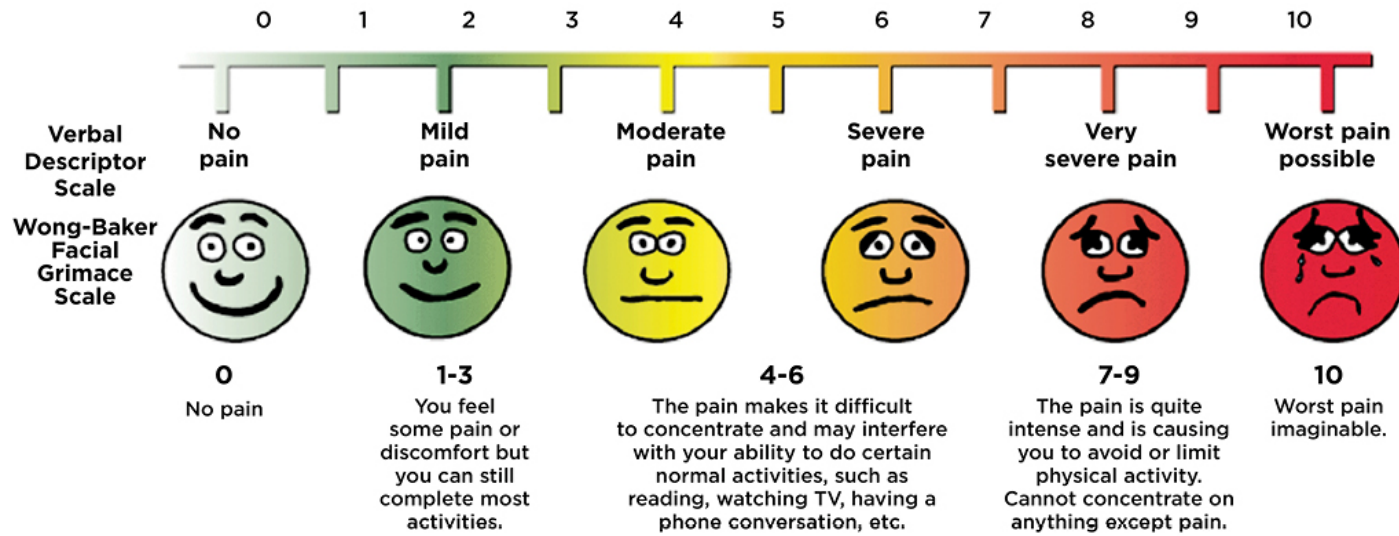
Patient Name: _____ DOB: _____ Date: _____

Support Services and Useful Contacts Referral Sheet provided and reviewed with patient based on scores documented.

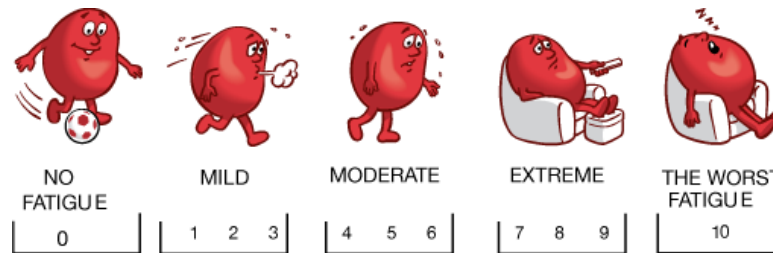
RN Signature: _____ Date: _____

page 2 of 2 (place in patient medical record)

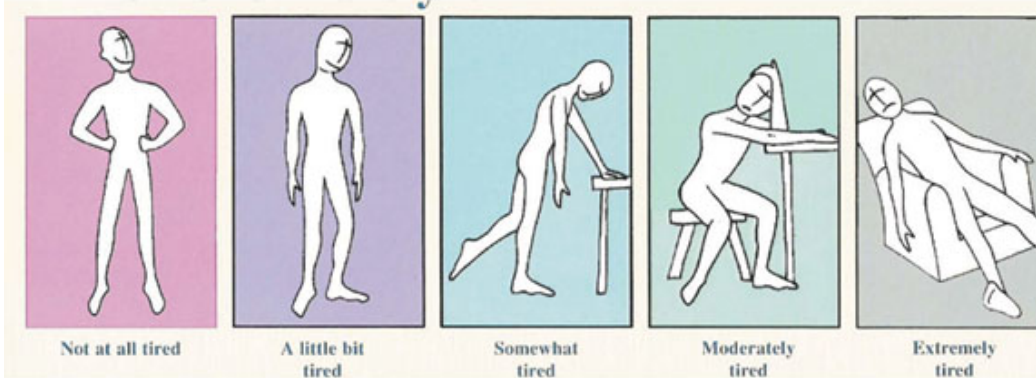
Pain Scale



Fatigue Scale



How tired have you felt over the last week?



How much does feeling tired prevent you from doing what you want to do?

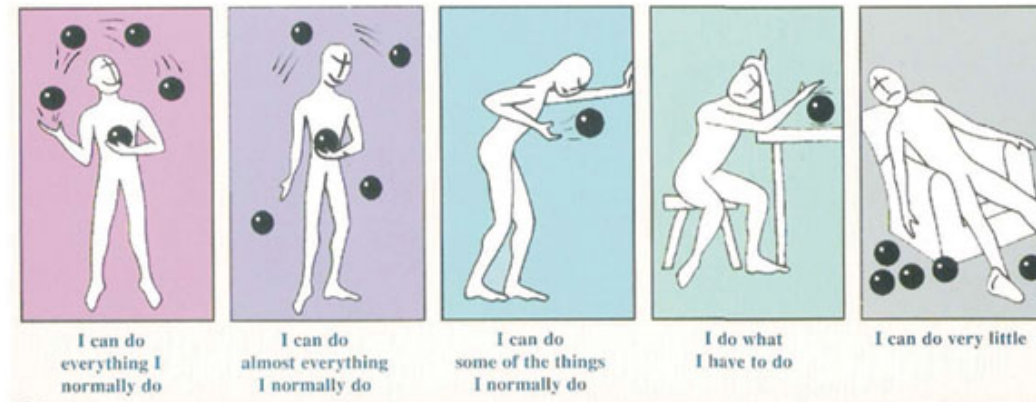


Figure 1 - Fatigue Pictogram

Table 1. ECOG Performance Status categories	
Grade	Description
0	Fully active, able to carry on all pre-disease performance without restriction
1	Restricted in physically strenuous activity, but ambulatory and able to carry out work of a light or sedentary nature, e.g., light house work, office work
2	Ambulatory and capable of all self care, but unable to carry out any work activities. Up and about more than 50% of waking hours
3	Capable of only limited self care, confined to bed or chair more than 50% of waking hours
4	Completely disabled. Cannot carry on any self care. Totally confined to bed or chair
5	Dead

Adapted from Oken, et al.1982
 ECOG = Eastern Cooperative Oncology Group

Scores & what to do now

Each person is unique. You know yourself and the best way for you to respond to any score that you obtain.

0-4: Your score indicates that your distress levels are well under control at present. However, there may be some additional sources of help available to you. Please see the section on [Support Services and Useful Contacts](#).

5-7: Your score indicates that you are experiencing some distress that may be affecting your life quite significantly. It could be worth discussing this with your health care team and finding ways to get some additional support. A starting point may be to look at the section about [Support Services and Useful Contacts](#).

8-10: Your score indicates that you are experiencing high levels of distress and this may be very difficult for you. It is highly recommended that you talk with someone in your health care team about what may be contributing towards your distress. This can be useful in finding additional ways to cope. In the meantime look at the exercise on the next page to help you to identify what you are doing already that helps.

You might like to think about some of the things you are doing to help you cope, for example; talking to close friends and family, going out, listening to music, and trying to keep a helpful frame of mind. Identifying them is an extremely valuable strategy that can strengthen and sustain you through difficult times.

Things that help me

1. _____
2. _____
3. _____
4. _____

Depending upon the problems that are causing you distress, you may find the list of phone numbers on the following pages useful.

Support Services and Useful Contacts

PRACTICAL PROBLEMS	FAMILY PROBLEMS
CHILD CARE	DEALING WITH CHILDREN
CancerCare (Pg. 3)**	American Cancer Society (Pg. 2)
HOUSING	Cancer.net (Pg. 8)
Victory in the Valley (Pg. 1)**	DEALING WITH PARTNER
American Cancer Society (Pg.2)**	Cancer.net (Pg. 8)
Joe's House (Pg. 6)	ABILITY TO HAVE CHILDREN
LawHelp.org - Pro Bono Net (Pg. 7)	Fertile Hope (Pg. 2)**
INSURANCE / FINANCIAL	Cancer.net (Pg. 8)
American Cancer Society (Pg. 2)	FAMILY HEALTH ISSUES
Cancer Legal Resource Center (Pg. 3)	Cancer.net (Pg. 8)
Center for Medicare Advocacy, Inc. (Pg. 4)	EMOTIONAL PROBLEMS
Center for Medicare & Medicaid Services (Pg. 4)	Gilda's Club Kansas City (Pg. 1)
Children's Organ Transplant Association (Pg. 4)	American Cancer Society (Pg. 2)**
Healthcare.gov (Pg. 6)	National Cancer Institute (Pg. 8)
HealthWell Foundation (Pg. 6)**	Cancer.net (Pg. 8)
The Leukemia & Lymphoma Society (Pg. 7)**	Cancer Support Community (Pg. 8)
The Leukemia & Lymphoma Society Co-Pay Asst. Program (Pg. 8)**	SPIRITUAL/RELIGIOUS CONCERNS
TRANSPORTATION	Lenexa United Methodist. 9138 Caenen Lake Rd, Lenexa, KS 66215. (913)888-5600
Victory in the Valley (Pg. 1)**	New Life Pentecostal. 11995 Monticello Terrace, Olathe, KS 66061 (913)782-5243
Cancer Action (Pg. 1)**	Hillcrest Covenant Church, 8801 Nall Ave, Prairie Village, KS 66207, (913)901-2300
American Cancer Society (Pg. 2)**	Holy Trinity Parish, 13615 W 92nd St, Lenexa, KS 66215, (913)888-2770
CancerCare (Pg. 3)**	Prince of Peace, 16000 W 143rd St, Olathe, KS 66062, (913)782-8864
Chronic Disease Fund, Inc. (Pg. 5)**	First Baptist Church of Overland Park, 8200 West 96th Street, OP, KS 66212, (913)642-3478
The Leukemia & Lymphoma Society (Pg. 7)**	Cedar Ridge Christian Church, 8835 Lackman Rd, Lenexa, KS 66219, (913)393-3000
WORK / SCHOOL	Jehovah Witness, 1113 S Ridgeview Rd, Olathe, KS 66062, (913) 780-4944
American Cancer Society (Pg. 2)**	Hindu Temple, 6330 Lackman Rd, Shawnee Mission, KS 66219, (913) 631-7519
Cancer.net (Pg. 8)	Beautiful Savior Lutheran 13145 S. Blackbob Olathe, KS 66204, (913)780-6023
TREATMENT DECISIONS	Grace Evangelical Church. Address: 64507 (816)279-2090
American Cancer Society (Pg. 2)**	
Cancer.net (Pg. 8)	
National Cancer Institute (Pg. 8)	