

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.

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

Other Problems: _____

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

EXTREME DISTRESS

10

9

8

7

6

5

4

3

2

1

0

NO DISTRESS

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.