



## **Patient Instructions**

### **Edmonton Symptom Assessment Scale (ESAS)**

Using the ESAS to check your symptoms is an excellent way to provide your doctor and nurse with information about how you are feeling. You can help them by completing the enclosed forms. The ESAS has been developed and used across Canada and has been successful in improving the management of care for patients with cancer.

#### **When to use ESAS**

Please complete these forms once a day or as instructed by nurse/physician, at approximately the same time every day. For example, you might decide to complete it at around 10 am. Choose the most convenient time for you.

#### **Who should complete ESAS**

This form is meant to be completed by you, but if you need some help a family member/caregiver or nurse may help you. Remember, it is how ***you feel right now*** and not how others think you feel.

#### **How to complete your ESAS Daily Log**

There are 3 parts to your daily log:

1. Edmonton Symptom Assessment Scale (ESAS)
2. Body Diagram
3. Patient Log for ESAS

## **1. Edmonton Symptom Assessment Scale (ESAS)**

Each symptom is rated from “0 to 10”. A score of “0” means you do not have the symptom. A score of “10” means that your symptom is at its very worst. Please choose the number that describes how you feel. There are 9 different scales, one for each symptom. The last line can be used for any other problem/symptom you may have.

*Example:* No pain \_\_\_\_\_ Worst possible pain

0 1 2 3 4 5 6 7 8 9 10

Some people have trouble understanding the words on the scales. The following words may be helpful to you.

*Depression* - sad or blue

*Anxiety* - nervousness or restlessness

*Tiredness* - decreased energy level (but not necessarily sleepy)

*Drowsiness* - sleepiness

*Well-being* - overall comfort, both physical and otherwise; truthfully answering the question “How are you?”

## **2. Body Diagram**

If you are experiencing pain, please mark on the *BODY DIAGRAM* where it hurts. This does not need to be done everyday, but changes need to be recorded. Discuss with your nurse the best way for you to do this.

## **3. Patient Log for ESAS**

Please write the number for the scores you have given to your symptom rating in the Patient Log for ESAS. The Body diagram can be shown to your nurse or doctor. Please indicate who completed the ESAS as well.

If you have any questions about how to complete the form, *please ask your nurse.*

Thank you for completing the forms. They can be shown to your doctor or nurse the next time you see them. This information will help them take better care of you.