

ESAS-r Definitions

Pain: Any kind of physical discomfort

Tiredness: Lack of energy

Nausea: Feeling sick to your stomach

Lack of Appetite: Not feeling hungry

Drowsiness: Feeling sleepy

Shortness of Breath: Cannot get your breath

Depression: Feeling sad

Anxiety: Feeling nervous

Wellbeing: How you feel, overall

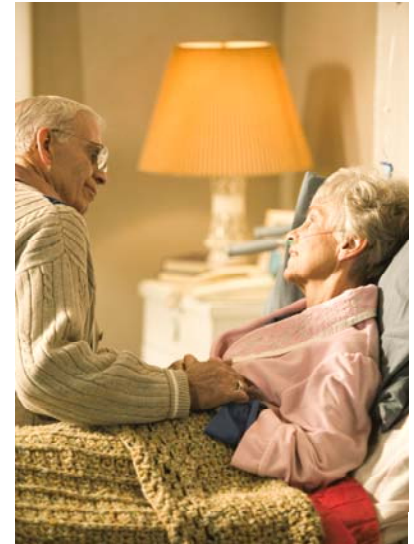
Questions?

Call your local Hospice Palliative Care Team for more information.

Abbotsford	604-870-7522
Agassiz	604-793-7160
Burnaby	604-918-7480
Chilliwack	604-795-4141 ext 612718
Delta	604-952-7355
Langley	604-514-6182
Hope	604-860-7747
Maple Ridge	604-476-7130
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Tell Us How You Are Feeling

Information for Patients and Family Caregivers



Using the ESAS-r* Numerical Scale

*Edmonton Symptom Assessment System-revised scale

www.fraserhealth.ca

The information in this document is intended solely for the person to whom it was given by the health care team.

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What is the ESAS-r Scale?

ESAS-r stands for Edmonton Symptom Assessment System-revised scale.

It is a tool used to assess how you are feeling, or your symptoms.

A symptom is a physical or emotional experience connected to an illness, (for example, pain, nausea, feelings of anxiety).

What is the ESAS-r Numerical Scale?

It is a quick way of showing which symptoms are causing the most problem(s) **right now**.

The patient is the best source of information about a symptom. Each symptom can be scored on the scale from 0 to 10.

If the patient is not able, a family member, friend or caregiver who knows the person fairly well, can assist or do it for them.

When is it used?

In Fraser Health Tertiary Hospice Palliative Care Units, we use the ESAS-r scale when you first come to the unit and then repeat it every day. In Hospice Residences, we use it when you first come to the residence, second and fourth days, and then once a week.

The ESAS-r scale is also used by members of the Hospice Palliative Care Team when they assess you. Patients at home can use the ESAS-r scale to communicate with the care team about their symptoms.

Why is it used?

It helps the doctors and nurses to focus on problems that are most important to the patient and family.

It tells the care team whether or not the treatments they are using are making their symptoms better.

How will it be filled out?

A nurse explains to the patient or a family member how to fill it out, and will help them with it, as needed.

For each of the 9 symptoms on the list, the patient decides what number out of 10 comes closest to saying how bad it feels **right now**. On the 0 to 10 scale, 0 means symptom is not present, whereas 10 means symptom is the worst you can imagine.

The space 'Other' can be used to write in a symptom or problem that is of concern, but not listed. An example might be constipation.

Also, sometimes financial worries, concerns about family members or pets, or spiritual issues are just as important to the patient as physical or emotional problems. These can be included under 'Other'.