

Who should do the ESAS

Ideally, patients fill out their own ESAS. However, if the patient is cognitively impaired or for other reasons cannot independently do the ESAS, then it is completed with the assistance of a caregiver (a family member, friend, or health professional closely involved in the patient's care). If the patient cannot participate in the symptom assessment, or refuses to do so, the ESAS is completed by the caregiver alone.

Note: when the ESAS is completed by the caregiver alone the subjective symptom scales are not done (i.e. tiredness, depression, anxiety, and wellbeing are left blank) and the caregiver assesses the remaining symptoms as objectively as possible, i.e. pain is assessed on the basis of a knowledge of pain behaviors, appetite is interpreted as the absence or presence of eating, nausea as the absence or presence of retching or vomiting, and shortness of breath as laboured or accelerated respirations that appears to be causing distress for *the patient*.

When a patient is cognitively impaired and cannot participate in doing the ESAS, the caregiver continues to complete the ESAS as outlined above.

The method in which the ESAS was completed must be indicated in the space provided at the bottom of the ESAS Numerical Scale and the ESAS Graph as follows:

**Bottom of
ESAS Numerical Scale**

Completed by (*check one*)

Patient

Caregiver

Caregiver -assisted

**Bottom of
ESAS Graph**

Completed by ←insert appropriate letter from key in date column (date indicated at the top of form)

Key:

P = Patient

C = Caregiver

A = Caregiver -assisted

Where to document the ESAS

The ESAS is always done on the ESAS Numerical Scale and the results later transferred to the ESAS Graph. Graphing symptom severity directly onto the ESAS Graph without the use of the numerical scale is not a valid use of the ESAS nor a reliable method of symptom assessment (attention to the graphed historical trend may affect the current scores and so undermine one of the main purposes of the ESAS, i.e. to assess the current symptom profile as accurately as possible).

Other Information About the ESAS

The ESAS Graph also contains space to add the patient's Mini-Mental Status Exam score. The "normal" box refers to the normal range for the patient, based on age and education level (see Instructions for MMSE). As well, a space for the Palliative Performance Scale (PPS) is included. The ESAS is available in other languages and also in faces for those patients who do not read.

**Edmonton System Assessment System:
Numerical Scale**
Regional Palliative Care Program

Please circle the number that best describes:

No pain	0	1	2	3	4	5	6	7	8	9	10	Worst possible pain
Not tired	0	1	2	3	4	5	6	7	8	9	10	Worst possible tiredness
Not nauseated	0	1	2	3	4	5	6	7	8	9	10	Worst possible nausea
Not depressed	0	1	2	3	4	5	6	7	8	9	10	Worst possible depression
Not anxious	0	1	2	3	4	5	6	7	8	9	10	Worst possible anxiety
Not drowsy	0	1	2	3	4	5	6	7	8	9	10	Worst possible drowsiness
Best appetite	0	1	2	3	4	5	6	7	8	9	10	Worst possible appetite
Best feeling of wellbeing	0	1	2	3	4	5	6	7	8	9	10	Worst possible feeling of wellbeing
No shortness of breath	0	1	2	3	4	5	6	7	8	9	10	Worst possible shortness of breath
Other problem	0	1	2	3	4	5	6	7	8	9	10	

Patient's Name _____

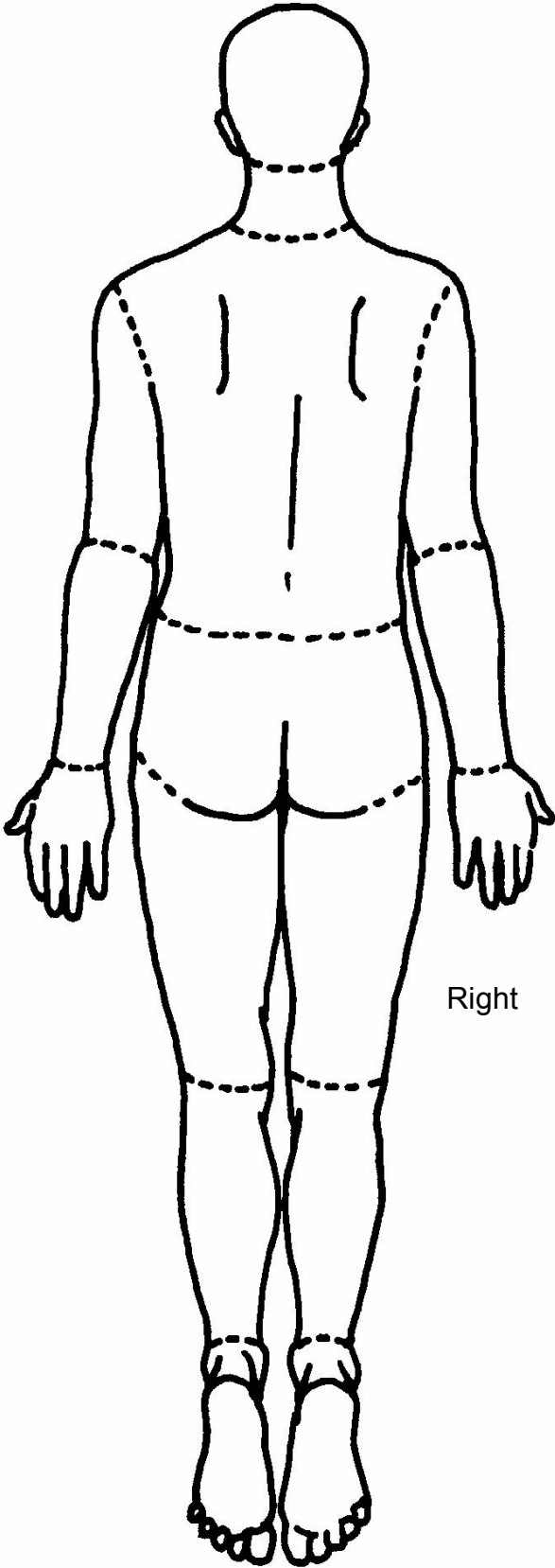
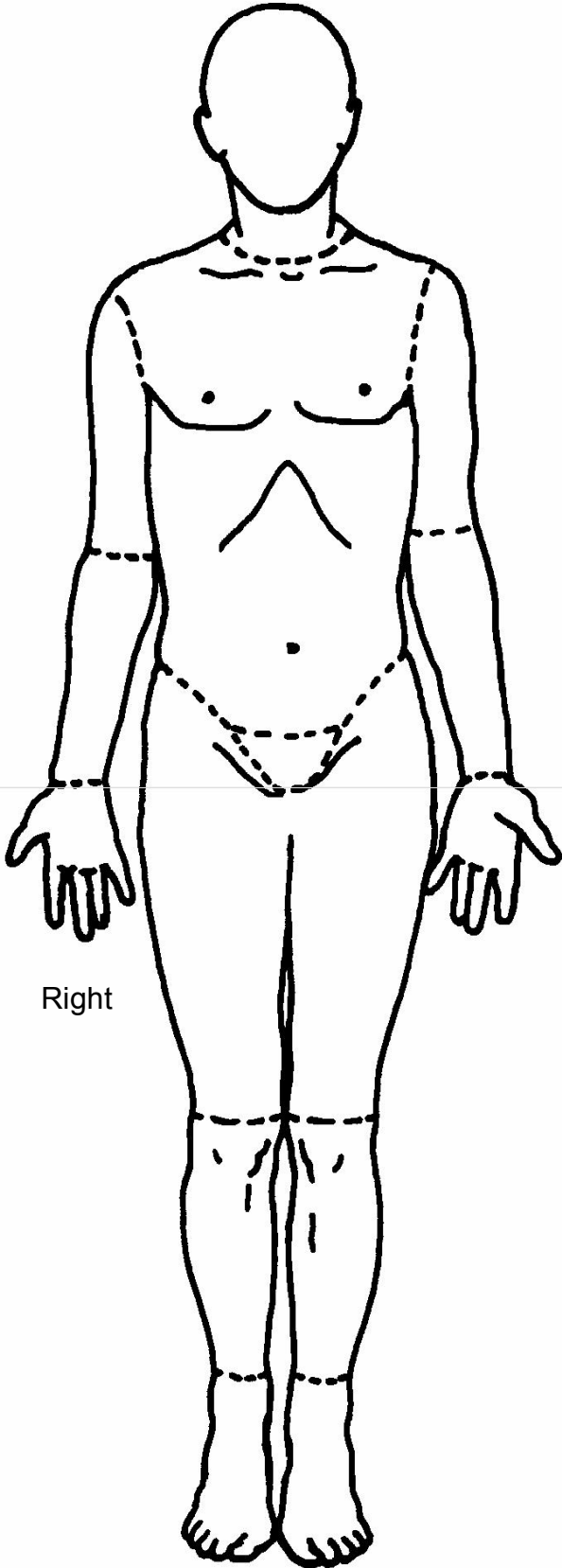
Date _____ Time _____

Complete by (*check one*)

- Patient
- Caregiver
- Caregiver assisted

BODY DIAGRAM ON REVERSE SIDE

Please mark on these pictures where it is you hurt.



Edmonton Symptom Assessment System Graph (ESAS)

Date																													
Pain	10																												
0																													
Tiredness	10																												
0																													
Nausea	10																												
0																													
Depression	10																												
0																													
Anxiety	10																												
0																													
Drowsiness	10																												
0																													
Appetite	10																												
0																													
Wellbeing	10																												
0																													
Shortness of breath	10																												
0																													
Other	10																												
0																													
Mini-Mental (Normal _____)																													
PPS																													
Completed by																													
P = patient C = caregiver A = caregiver-assisted																													
Level of Education _____																													
Cage Score _____																													

SOME REFERENCES ON ESAS

August 25, 2005

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