

Why is this information being collected?

Your healthcare team uses this information to track how your symptoms may change over time. This information will assist your healthcare team in helping you with the symptoms you may experience and with your overall care plan.

Please remember to complete your Symptom Assessment on the day of each doctor's appointment.

How to find us:



- M** Medical Arts Building, 581 Davis Drive
Southlake Foundation, 581 Davis Drive
- H** Southlake Regional Health Centre
- C** Stronach Regional Cancer Centre
- T** The Tannery Mall, 465 Davis Drive
- P** Parking
Bridge crossing Davis Drive. Accessible from P3 of the Parking Garage and Level 3 of the Medical Arts Building.

For more information, please contact:

Stronach Regional Cancer Centre at Southlake
596 Davis Drive
Newmarket, Ontario L3Y 2P9
Tel: 905-895-4521
TTY: 905-952-3062
www.southlakeregional.org

Tell Us How You are Feeling

Your Symptom Assessment



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Tell us about your symptoms using the Edmonton Symptom Assessment Scale (ESAS).

The Edmonton Symptom Assessment Scale (ESAS) is a standardized tool that allows you to enter information about how you are feeling based on nine different symptoms—pain, tiredness, drowsiness, nausea, lack of appetite, shortness of breath, depression, anxiety, and wellbeing. We want to know how you feel each time you come for your doctor’s appointment at the Cancer Centre. By telling us how you feel, your healthcare team will better understand how to help you with your symptoms.

The screenshot shows the 'Pain' assessment screen. At the top, it says 'Cancer Care Ontario Action Cancer Ontario' and 'ISAAC (Interactive Symptom Assessment and Collection)'. There are 'Quit' and 'Français' buttons. The main heading is 'Pain'. Below it, the instruction reads: 'Please select the number that best describes how you feel NOW:'. A horizontal row of 11 buttons, numbered 0 to 10, is displayed. Button 0 is labeled 'No Pain' and button 10 is labeled 'Worst Possible Pain'. At the bottom, there are 'Go Back' and 'Continue' buttons. The page number 'Page 2 of 10' is visible in the bottom left corner.

We also want to know how well you can do day-to-day activities.

The final question asks about your activity level over the past month. This question helps your healthcare team better understand how your daily living may be impacted by the symptoms you experience.

The screenshot shows the 'Activities & Function' assessment screen. At the top, it says 'Cancer Care Ontario Action Cancer Ontario' and 'ISAAC (Interactive Symptom Assessment and Collection)'. There are 'Quit' and 'Français' buttons. The main heading is 'Activities & Function:'. Below it, the instruction reads: 'Over the past month I would generally rate my activity as:'. A list of four options is shown, each with a radio button: 0 - Normal with no limitations; 1 - Not my normal self, but able to be up and about with fairly normal activities; 2 - Not feeling up to most things, but in bed or chair less than half the day; 3 - Able to do little activity & spend most of the day in bed or chair; 4 - Pretty much bedridden, rarely out of bed. At the bottom, there are 'Page 1 of 1' and 'Continue' buttons.

Why should I complete my Symptom Assessment (ESAS)?

You and your healthcare team are partners in your care. By telling us how you feel at every appointment, your healthcare team will understand what symptoms you have, how severe they are, and help you manage your symptoms. Only you can tell us how you feel.

When do I complete my Symptom Assessment (ESAS)?

You complete your Symptom Assessment on the day of each doctor’s appointment. How you feel may change every day. We want to know how you are feeling the day of your appointment.

How do I complete my Symptom Assessment (ESAS)?

You can complete your Symptom Assessment by using a touch screen kiosk (computer station) at the Cancer Centre or through your home computer, or personal hand-held device. Ask for the brochure with the step-by-step instructions, to complete your Symptom Assessment online. When using the touch screen kiosk (computer station), a volunteer will be available to assist you at any time. NO computer skills are required.

You need your Ontario Health Card number every time you complete your Symptom Assessment (ESAS).

The Symptom Assessment is available in English and French on the kiosk and online. It is also available in paper form in more than 30 different languages. Should you require an assessment in another language, simply ask a volunteer and they will provide you with one. When using an assessment in another language, read the question on the paper form and answer on the kiosk or online.

When completing your Symptom Assessment you will be using the Interactive Symptom Assessment and Collection (ISAAC) secure web tool developed by Cancer Care Ontario.

How long does it take to complete my Symptom Assessment (ESAS)?

The first time you complete your Symptom Assessment it will take about five minutes. After the first time, it will typically take about two to three minutes to complete.

What happens to my Symptom Assessment (ESAS) score?

Like all of your other health information, your scores are kept confidential. Your score will go straight into your electronic medical record and can only be seen by your health care team.