

## Appendix G: Tools Used to Assess Domains of Health and Illness

**Table 16** provides recommendations from panel members and stakeholders regarding tools used to assess domains of health and illness. It is important to note that this is not a comprehensive list of all possible tools available; health-service organizations may review the table to support decision-making about the selection of approaches or tools for the setting and population(s) served.

Tools and approaches are ordered alphabetically in categories related to pain and physical symptoms, psychosocial and spiritual assessments/screening tools, and other assessment/screening tools. There is no specific ranking of tools or approaches. Inclusion of a tool in this list does not constitute an endorsement by RNAO.

**Table 16: Assessment/Screening Tools**

ASSESSMENT/ SCREENING TOOL	DESCRIPTION	WEBSITE	VALIDATION STUDIES LOCATED
<p><b>Note: This table provides the links to several assessment tools. Many of these tools are copyrighted. Please cite authors/sources and seek permission to re-print when using these tools.</b></p>			
<b>PAIN AND PHYSICAL SYMPTOMS</b>			
<b>Brief Fatigue Inventory</b>	Tool to measure cancer-related fatigue.	<a href="http://www.npcrc.org/files/news/brief_fatigue_inventory.pdf">http://www.npcrc.org/files/news/brief_fatigue_inventory.pdf</a>	✓
<b>Brief Pain Inventory</b>	Pain assessment tool for cancer patients that explores level of pain and the degree to which it interferes with function.	Long form: <a href="http://www.npcrc.org/files/news/briefpain_long.pdf">http://www.npcrc.org/files/news/briefpain_long.pdf</a> Short form: <a href="http://www.npcrc.org/files/news/briefpain_short.pdf">http://www.npcrc.org/files/news/briefpain_short.pdf</a>	✓

ASSESSMENT/ SCREENING TOOL	DESCRIPTION	WEBSITE	VALIDATION STUDIES LOCATED
<b>Edmonton Symptom Assessment System (ESAS)</b>	Assessment of nine symptoms common in cancer patients: pain, tiredness, nausea, depression, anxiety, drowsiness, appetite, well-being and shortness of breath. Also includes space for "other" symptoms.	<a href="http://www.npcrc.org/files/news/edmonton_symptom_assessment_scale.pdf">http://www.npcrc.org/files/news/edmonton_symptom_assessment_scale.pdf</a>	✓
<b>McGill Pain Questionnaire</b>	Explores the characteristics and intensity of pain.	<a href="https://www.gem-beta.org/public/DownloadMeasure.aspx?mid=1348">https://www.gem-beta.org/public/DownloadMeasure.aspx?mid=1348</a>	✓
<b>Memorial Symptom Assessment Scale (MSAS)</b>	Assesses physical and psychological symptoms with regards to intensity, frequency and distress.	<a href="http://www.npcrc.org/files/news/memorial_symptom_assessment_scale.pdf">http://www.npcrc.org/files/news/memorial_symptom_assessment_scale.pdf</a>  Short form: <a href="http://www.npcrc.org/files/news/memorial_symptom_assessment_scale_short.pdf">http://www.npcrc.org/files/news/memorial_symptom_assessment_scale_short.pdf</a>  Condensed: <a href="http://www.npcrc.org/files/news/condensed_memorial_symptom_assessment_scale.pdf">http://www.npcrc.org/files/news/condensed_memorial_symptom_assessment_scale.pdf</a>	✓
PSYCHOSOCIAL AND SPIRITUAL ASSESSMENTS/SCREENING TOOLS			
<b>Distress Thermometer</b>	Self-report measure that explores level of distress on a 10-point scale.	<a href="https://www.nccn.org/patients/resources/life_with_cancer/pdf/nccn_distress_thermometer.pdf">https://www.nccn.org/patients/resources/life_with_cancer/pdf/nccn_distress_thermometer.pdf</a>	✓
<b>FAMCARE/ FAMCARE-2</b>	Measures family satisfaction with care of patients with advanced cancer.	<a href="http://www.palliative.org/NewPC/professionals/tools/famcare.html">http://www.palliative.org/NewPC/professionals/tools/famcare.html</a>	✓

ASSESSMENT/ SCREENING TOOL	DESCRIPTION	WEBSITE	VALIDATION STUDIES LOCATED
<b>FICA Spiritual Assessment Tool</b>	Explores spiritual history and beliefs.	<a href="https://meds.queensu.ca/source/spiritassesstool%20FICA.pdf">https://meds.queensu.ca/source/spiritassesstool%20FICA.pdf</a>	✓
<b>Frommelt Attitude Toward Care of the Dying Scale</b>	Explores how nurses feel about end-of-life care situations with persons and their families.	<a href="http://ltctoolkit.rnao.ca/sites/default/files/resources/Appendix%20G.pdf">http://ltctoolkit.rnao.ca/sites/default/files/resources/Appendix%20G.pdf</a>	✓
<b>HOPE Spiritual Assessment Tool</b>	Explores four basic areas to complete a spiritual assessment. These areas include: (1) sources of hope, strength, comfort, meaning, peace, love and connection; (2) the role of organized religion for the patient; (3) personal spirituality and practices; and (4) effects on medical care and end-of-life decisions.	<a href="https://www.aafp.org/aafp/2001/0101/p81.html">https://www.aafp.org/aafp/2001/0101/p81.html</a>	
<b>Psychosocial Assessment Tool</b>	Psychosocial assessment tool for persons and their families.	<a href="https://www.victoriahospice.org/sites/default/files/psychosocial_assessment_tool_sample.pdf">https://www.victoriahospice.org/sites/default/files/psychosocial_assessment_tool_sample.pdf</a>	✓
OTHER ASSESSMENT/SCREENING TOOLS			
<b>Needs at the End-of-life Screening Tool (NEST)</b>	Comprehensive assessment and outcome measures (explores multiple domains of illness, including spiritual).	<a href="http://www.npcrc.org/files/news/needs_end_of_life_screening_NEST.pdf">http://www.npcrc.org/files/news/needs_end_of_life_screening_NEST.pdf</a>	

ASSESSMENT/ SCREENING TOOL	DESCRIPTION	WEBSITE	VALIDATION STUDIES LOCATED
<b>Palliative Performance Scale</b>	Measures functional level and progressive decline of a person receiving palliative care. It also appears to have some prognostic value for persons who have an advanced oncologic disease.	<a href="http://www.palliativealliance.ca/assets/files/Alliance_Reources/Physical_Care/PPS_edited_Jan_242013.pdf">http://www.palliativealliance.ca/assets/files/Alliance_Reources/Physical_Care/PPS_edited_Jan_242013.pdf</a>	✓
<b>Patient Dignity Inventory (PDI)</b>	Twenty-five potential concerns that should be regularly evaluated by health providers.	<a href="http://dignityincare.ca/en/toolkit.html#The_Patient_Dignity_Inventory">http://dignityincare.ca/en/toolkit.html#The_Patient_Dignity_Inventory</a>	✓
<b>Patient Dignity Question (PDQ)</b>	The key question that persons working in health should consider when interacting with patients.	<a href="http://dignityincare.ca/en/toolkit.html#The_Patient_Dignity_Question">http://dignityincare.ca/en/toolkit.html#The_Patient_Dignity_Question</a>	✓
<b>PEPSI COLA AIDE MEMOIRE</b>	Holistic patient assessment questions (from the <b>Gold Standards Framework</b> <sup>6</sup> ).	<a href="https://www.goldstandardsframework.org.uk/cd-content/uploads/files/Library%2C%20Tools%20%26%20resources/Pepsi%20cola%20aide%20memoire.pdf">https://www.goldstandardsframework.org.uk/cd-content/uploads/files/Library%2C%20Tools%20%26%20resources/Pepsi%20cola%20aide%20memoire.pdf</a>	