

Symptom Assessment

Dear Patient/Family Member,

It is important that your care team understand and monitor your symptoms that affect your quality of life over time. The checklist on the other side of this page helps us do this.

Some people with kidney disease may experience symptoms that affect their lives. Common symptoms include:

- feeling generally unwell
- pain
- feeling sad, “blue”, or depressed
- nausea
- low energy
- feeling anxious or worried
- poor appetite
- restless legs

Please turn this page over and complete the My Symptom Checklist. We want to know how you have felt **in the past week**. This will help us to monitor what symptoms you have, and to understand how they affect your life. We may not be able to relieve all your symptoms; however, we will try to help improve your overall well being.

Do you have any questions or concerns about this checklist? Please ask us.

Yours sincerely,

Your Kidney Care Team

Introduction Video



My Symptom Checklist*

It is important that your care team understand and monitor your symptoms over time. This checklist helps us do this. For more information, please see letter on the other side of this form.

Date: _____ (DD-MMM-YYYY)

Time: _____ (HR 24:MI)

PATIENT INFORMATION/LABEL

Name: _____

Address: _____

Phone: _____

PHN: _____

Please circle the number that best describes how you have been feeling over the PAST WEEK with each symptom.

Scale: 0 = no symptom

10 = the worst possible for the symptom



No pain	0 1 2 3 4 5 6 7 8 9 10	Worst possible pain
Not tired (tired= lack of energy)	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 (depressed= feeling sad)	0 1 2 3 4 5 6 7 8 9 10	Worst possible depression
Not anxious (anxious= feeling nervous)	0 1 2 3 4 5 6 7 8 9 10	Worst possible anxiety
Not drowsy (drowsy= feeling sleepy)	0 1 2 3 4 5 6 7 8 9 10	Worst possible drowsiness
Best appetite (feeling hungry)	0 1 2 3 4 5 6 7 8 9 10	Worst possible appetite
Best feeling of wellbeing (wellbeing= how you feel overall)	0 1 2 3 4 5 6 7 8 9 10	Worst possible feeling of well-being
No shortness of breath	0 1 2 3 4 5 6 7 8 9 10	Worst possible shortness of breath
No itch	0 1 2 3 4 5 6 7 8 9 10	Worst possible itch
No problem sleeping	0 1 2 3 4 5 6 7 8 9 10	Worst possible problem sleeping
No restless legs	0 1 2 3 4 5 6 7 8 9 10	Worst possible restless legs

Any other symptom or concern? Please specify then rate below: _____

No symptom 0 1 2 3 4 5 6 7 8 9 10 Worst possible symptom

This section to be completed by staff.

Scale completed by: (check one)

- | | |
|--|---|
| <input type="checkbox"/> Patient | <input type="checkbox"/> See progress notes for follow up on symptoms |
| <input type="checkbox"/> Care Team Member Assisted | <input type="checkbox"/> Care plan updated |
| <input type="checkbox"/> Family Member | <input type="checkbox"/> Results entered in PROMIS |
| <input type="checkbox"/> Patient refused (note why if known) | Enter date: _____ Entered by: _____ |