

Edmonton Symptom Assessment System revised (ESAS-r) & Patient Reported Functional Status (PRFS) Tools Online

What is ESAS-r? Why is it important?

- Reliable assessment tool in palliative care, used widely across Canada to assess nine common symptoms including pain, tiredness, drowsiness, nausea, lack of appetite, depression, anxiety, shortness of breath, and well-being. Tool has been validated and proven to be successful in improving care for patients.
- Designed so that the patient, or his/her family/caregiver, can self-administer the tool focusing on patient-centered care. Patient should be taught how to complete the scale. Patient's opinion of the severity of their symptoms is the gold standard for symptom assessment.
- Palliative symptom assessment is key to providing quality patient care and is part of the **best practice** for palliative care and end-of-life patients. In palliative care setting, pain and other symptoms can be a complex and multidimensional, therefore effective management requires a variety of strategies involve all health care professionals.
- Regular use allows systematically screening and monitoring for intensity of common symptoms over time. Can provide alerts to health care professionals about symptoms that are causing patients' undue discomfort, leading to further assessment and/or discussion prior to treatment. Enables tracking of the effectiveness of targeted symptom management strategies at the patient and program levels. Ultimate goal is to reduce symptom burden and therefore improve their quality of life.
- Health PEI has adopted the ESAS-r as the standardized assessment tool for pain and symptom management for palliative care and end-of-life patients.

What is ESAS-r and PRFS Online?

- Developed and supported to allow patients and family members/caregivers to self-report their own symptoms.

How to do the ESAS-r and PRFS Online?

- Complete online via the Portal www.healthpei.ca/ESAS. Guidance on how to complete the assessment tool located at the Portal.
- Patient is asked to rate the nine symptoms on a scale from 0 to 10 according to how they feel **NOW**, as well as the PRFS question related to activity and function.

What happens with the ESAS-r and PRFS Online information?

- Once completed (by patient/family/caregiver), the information goes to Alfresco – a collection of information management software.
- The online information is checked Monday to Friday only and not on weekends or holidays.
- ESAS-r placed in the patient's medical chart via ISM so they are available to the health care team.
- Palliative Care Coordinators monitor and track these responses for better planning of patient care. These assessment tools will also allow adjustment of patient treatment more effectively as well as plan for care if their symptoms or their situation changes.

When should an ESAS-r and PRFS be completed by a patient?

- Complete the questionnaire at a minimum a day prior to nurse's visit or if their condition changes.
- In palliative home care setting, an ESAS-r shall be done, as part of each assessment of symptoms, and can be done by online, by telephone, or by home visit

What is PRFS? Why is it important?

- Patient Reported Functional Status (PRFS) is an assessment tool consisting of one question (as below). Easy to complete and added as the last question on the online ESAS questionnaire.
- Helps patients identify their functional decline, which can be the start of a conversation to begin care planning for future months.

The image shows a form titled "Patient Reported Functional Status (PRFS) Tool". At the top left, it says "Cancer Care Ontario" and "Action Cancer Ontario". At the top right, it says "Health PEI" and "One Island Health System". The main heading is "Patient Reported Functional Status (PRFS) Tool". Below this, it says "Activities & Function: Over the past month I would generally rate my activity as:". There are four options with checkboxes: (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, and (4) pretty much bedridden, rarely out of bed. Below the options, there are fields for "Patient's Name", "Date", and "Time". There is also a section for "Completed by (check one):" with options for Patient, Family caregiver, Health care professional caregiver, and Caregiver-assisted. At the bottom left, it says "PRFS - English" and at the bottom right, it says "Used with Permission from FD Ottery, 2011".

How will patients/care provider/clinicians know about the ESAS-r and PRFS tool online?

- Patients are provided with the below sticker identifying the website to locate online assessment tools.

YOUR SYMPTOMS MATTER!
ONLINE
SYMPTOM ASSESSMENT TOOL

www.healthpei.ca/ESAS

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Health PEI
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