What happens after I complete the ESAS-r?

ESAS-r answers are placed in your medical chart so they are available to your health care team during your appointment. All ESAS-r responses are strictly confidential.

Because your symptom scores are kept as part of your medical chart, your health care team is able to trend your symptoms over time for better planning of your care. This trending over time is why it is ideal to fill the questionnaire out at the same time of day if possible.

ESAS-r results will be used as one part of your overall medical review. When you identify a symptom of concern, your health care team will do a further assessment.

Be sure that all of your concerns are discussed at your appointment with your health care team, including those that are not part of the ESAS-r questions.

How you are feeling and the symptoms you are experiencing are important to us!

Your healthcare team cares for your overall well-being and wants to know how you are feeling each time you have a healthcare appointment. This will assist us in providing you with the best possible care.

Only you can tell us about your symptoms and how you are feeling. By letting us know how you are feeling at each visit, we are better able to help you with symptoms and care.

**Provincial Integrated
Palliative Care Program**
93 Murchison Lane
Charlottetown, PE
C1A 0G3
Tel: 902-368-4781
Fax: 902-620-3473
Web: www.healthpei.ca
☑ Patient and Family Approved

Health PEI

Edmonton Symptom Assessment System (ESAS-r)

Your Symptoms Matter!

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What is ESAS-r?

Why is it important?

The Edmonton Symptom Assessment System revised (ESAS-r) is a patient questionnaire that provides information to your healthcare team about how you are feeling. The ESAS-r questions help to show which symptoms your healthcare team should focus on to help you feel better.

Only you can identify symptoms you are experiencing. Your judgement about the severity of your symptoms is key for good communication between you and your healthcare team.

The ESAS-r tool has been developed and used widely across Canada. It has proven to be successful in improving care for patients.

Of course, you may have concerns that are not addressed by ESAS-r and those are important conversations to have with your healthcare team as well.

What are the ESAS-r questions?

The ESAS-r questionnaire asks you to rate the symptoms you are feeling on a scale of 0 to 10. "0" is when you are not feeling the symptom at all and "10" is when this symptom is at its worst.

You will be asked to rate the following symptoms:

1. Pain (any "discomfort")

2. Tiredness (lack of energy)

3. Drowsiness (feeling sleepy)

4. Nausea (upset stomach, feeling like you could "throw up")

5. Lack of Appetite (wanting to eat)

6. Shortness of Breath (difficulty breathing)

7. Depressed (feelings of sadness or hopelessness)

8. Anxiety (feelings of worry, nervousness or unease)

9. Best Wellbeing (overall comfort, both physical and otherwise)

Remember: we are asking for your opinion of how you are feeling at the time you complete the questionnaire. It is very important to be honest with yourself and your healthcare team.

When should I fill out my ESAS-r?

Complete the ESAS-r questionnaire a day prior to your home care nurse's visit or if your condition changes. You may be asked to fill it out at another time as well. If possible, complete the ESAS-r at the same time of day (morning, early afternoon, etc.).

Who should complete the ESAS-r?

You should complete the ESAS-r yourself. If this is not possible, ask a family member, friend or a member of your healthcare team for help. Always answer how you feel, not how others think you feel.

How do I complete my ESAS-r?

Your ESAS-r may be completed in one of the following ways:

1. By Telephone: with a member of the Health Care Team

2. By Nurse: during your home visit or when in any Health PEI care setting

3. ONLINE Patient Portal: www.healthpei.ca/ESAS

    Online ESAS-r only available to patients registered to Provincial Integrated Palliative Care Program.