



Patient Feedback

“I am extremely pleased with being a part of an innovative program that is changing the face of patient care.”

“I am amazed at what you people are offering me.”

“I felt alone at first, but now I feel like the people at the cancer centre really care.”

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Contact

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Screening For Distress

Let's Face Cancer Together
The 6th Vital Sign





What is distress?

Distress may mean something different to each person. It is often called a general feeling of discomfort or upset. Distress is commonly experienced by patients in many situations and may be due to emotional, social, informational, financial, spiritual, physical and/or day-to-day concerns.

What can I expect?

You will be asked to complete a short questionnaire meant to assess your concerns. The results are then used to guide the discussion between you and your health care team.

Why should I be screened for distress?

Screening for distress helps your health care team identify if you are experiencing discomfort or upset and any concerns you may have. Once your concerns are known, your health care team will work with you to address them.

We understand that your well-being is a vital factor in your treatment - as important as physical signs. You have the right to ask for and receive resources that will help you cope, not only with your physical concerns, but also the emotional, social and day-to-day stressors of fighting cancer.

How will it impact my care?

- Helps the health care team to quickly identify your concerns.
- Your concerns can be used as a starting point for further assessment.
- You, your family and the health care team will then work together to find ways to deal with your concerns.

What are the benefits of screening for distress?

- Screening for distress allows concerns to be quickly identified and addressed.
- Taking part in screening supports you in taking an active role in your care.
- Screening for distress helps build a relationship between you and your health care team.
- Screening for distress helps you learn about programs and resources that are available to you.

Who has access to my information?

- The information collected becomes part of your health record and will only be shared as needed with other health care providers.
- Your information will be protected in the same way as all health care information.
- Screening results may be used to assess the success of programs aimed at decreasing distress. If your information is used for this purpose, it would be reported in such a way to protect your identity.