

## Peninsulas – Screening for Distress Resource Pathways

### Cancer Care Resources

#### Social Work Referral:

GB Cross: 466-6173  
Cancer Centre: 777-7604, Fax: 777-6185  
Burin: 891-3446  
Bonavista: 468-5254

#### Pain and Symptom. Palliative Care Services:

Palliative End of Life Coordinator – 759-3361  
Health & Community Services: 466-5725  
Palliative & Bereavement Social Worker, Health & Community Services: 466-5779

#### Nutrition Services:

Cancer Centre: 777-7604, Fax: 777-6185  
GB Cross: 466-5263, Bonavista: 468-5176  
Burin: 891-3393

#### Aboriginal Navigators: 777-2199

#### Outpatient Appointments:

Cancer Centre: 777-7176  
Clarenville: 466-5263  
Burin: 891-3393, Bonavista: 468-5176

#### Client Relations/Complaints:

Eastern Health: 777-6500  
Email: client.relationsofficer@easternhealth.ca

#### Cancer Patient Navigators:

1-855-848-3888  
Karen Pritchett: 466-5763

#### Lymphedema:

Lymphedema Coordinator: 777-8713

#### Look Good Feel Better:

Cancer Centre: 777-6480

#### Rehabilitation – PT/OT:

Bonavista: 1-709-468-7881  
Burin: 1-709-891-1040  
Clarenville: 1-709-466-5263

#### Enterostomal Therapy/Wound Care:

Clarenville: 466-5383  
Burin: 891-5051  
Bonavista: 777-7554 or 777-7555

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### ESAS-R and CPC

#### Practical Concerns

- Work/School
- Finances
- Getting to and from appointments
- Accommodation

#### Emotional Concerns

- Fears/worries
- Sadness
- Frustration/Anger
- Changes in appearance
- Intimacy/Sexuality

#### Anxiety

#### Depression

#### Poor Wellbeing

#### Spiritual Concerns

- Meaning/purpose of life
- Faith

#### Social/Family Concerns

- Feeling a burden to others
- Worry about family/friends

#### Pain

#### Tiredness

#### Drowsiness

#### Nausea

#### Lack of appetite

#### Shortness of breath

#### Physical Concerns

- Concentration/memory
- Sleep
- Weight

#### Informational Concerns

- Understanding my illness and/or treatment
- Talking with my medical team
- Making treatment decisions
- Knowing about available resources

### Community Resources

#### Medication:

NLPDP: 1-888-859-3535  
Compassionate Access Coordinator, Cancer Centre 777-7541  
Social Work Assistant, HSC: 777-7446  
Social Work Assistant, SCMH: 777-5206

#### Mental Health:

Start Clinic: 777-5390, Bonavista 468-5237  
Clarenville: 466-5700, Marystown: 279-7900  
Consider accessing Employer's Employee and Family Assistance Program (EFAP)

#### Pastoral Care:

Eastern Health, Peninsulas Region:  
Rev. Kevin Durdle: 466-6356

#### Health and Community Services: See regional listings

#### Fertility Services

Nurse Coordinator: 752-3664, Fertile Future: 1-877-467-3066

#### Transportation: Volunteer Driver Program: 753-6520

Red Cross Driving Program: 758-8400  
Hope Air: 1-877-346-4673 ([www.hopeair.org](http://www.hopeair.org))

#### Young Adult Cancer Canada Team

579-7325 (Phone), 579-7326 (Fax)  
[connect@youngeadulcancer.ca](mailto:connect@youngeadulcancer.ca) [www.youngeadulcancer.ca](http://www.youngeadulcancer.ca)

#### Smokers Help Line NL: 1-800-363-5864

#### Financial Programs:

Medical Travel Assistance Program: 1-877-475-2412  
Veterans Affairs: 1-800-563-9623 ([www.vac-acc.gc.ca](http://www.vac-acc.gc.ca))  
Workman's Compensation: 1-800-563-9000 ([www.whscc.nf.ca](http://www.whscc.nf.ca))  
Human Resources Development Canada: 1-800-622-6232 ([www.hrdc.dhrh.gc.ca](http://www.hrdc.dhrh.gc.ca))  
Dr. H. Bliss Murphy Cancer Care Foundation: Send referral via Social Work  
Canada Pension disability: [www.servicecanada.gc.ca/eng/.../pensions/cpp/disability](http://www.servicecanada.gc.ca/eng/.../pensions/cpp/disability)

#### Medical Equipment and Supplies:

Special Equipment & Supplies, Eastern Health: 777-7404  
Red Cross: 758-8400, The Hub: 754-0352

#### Accommodations:

Agnes Cowan Hostel: 777-6831, Daffodil Place: 753-6520  
Extended Stay: 754-7888, Hillview Terrace: 1-888-754-9822

#### Websites:

Canadian Cancer Society: [www.cancer.ca](http://www.cancer.ca)  
Eastern Health: [www.easternhealth.ca](http://www.easternhealth.ca)  
Federal Government Program: [www.hrdc.dhrh.gc.ca](http://www.hrdc.dhrh.gc.ca)  
Provincial Government Programs: [www.health.gov.nl.ca](http://www.health.gov.nl.ca)

### Guide to Interpreting Scores

Green Zone – Mild  
Score of 0 - 3

Yellow Zone – Moderate  
Score of 4 - 6

Red Zone – Severe  
Score of 7 - 10

All groups the following should take place:

- Score acknowledged
- What that score means to the patient discussed
- Conversation charted
- Follow through on action plan identified

### INFORMATION THAT MUST BE DOCUMENTED

- ✓ Sign and Date Screening for Distress tool (indicate reason if tool is not completed)
- ✓ That concerns were reviewed through conversation with patient and health care provider
- ✓ Patients' priority concerns
- ✓ Action Taken (i.e. nursing intervention referrals, etc.)
- ✓ Follow-up plan if any (i.e. nurse to follow-up)