

St. John's – Screening for Distress Resource Pathways

Cancer Care Resources

Social Work Referral:

HSC: 777-6493
Cancer Centre: 777-7604, Fax: 777-6185
SCMH: 777-5583

Pastoral Care:

Eastern Health: 777-6959

Pain and Symptom Care:

Palliative Care: 777-6802
Palliative Care Navigator: 777-7303
Palliative End of Life Coordinator –
Health & Community Services: 752-3559
Palliative & Bereavement Social Worker –
Health and Community Services: 752-4369

Nutrition Services:

Cancer Centre: 777-7604, Fax: 777-6185
Eastern Health: 752-3669

Aboriginal Navigators: 777-2199

Telephone Triage:

Outpatient Appointments CAC: 777-7176
Outpatient Appointments HSC: 777-5236

Client Relations/Complaints:

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

Cancer Patient Navigators:

1-855-848-3888

Lymphedema:

Lymphedema Coordinator: 777-8713

Look Good Feel Better:

Cancer Centre: 777-6480

Rehabilitation:

PT: 777-6460 OT: 777-7145

Enterostomal Therapy:

Cancer Centre: 777-7554 or 777-7555
Seniors Ostomy Subsidy Program: 753-3615

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:

Adult Central Intake office: 752-6852
Mobile Crisis Response Service: 1-888-737-4668
Consider accessing Employer's Employee
and Family Assistance Program (EFAP)
Psychiatric Assessment Unit, Waterford 777-3022

Health and Community Services: See regional listings

Meals on Wheels: VON 726-8597

Fertility Services

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

Transportation:

Volunteer Driver Program: 753-6520
Hope Air: 1-877-346-4673 (www.hopeair.org)

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

Young Adult Cancer Canada Team

579-7325 (Phone), 579-7326 (Fax)
connect@youngadultcancer.ca
www.youngadultcancer.ca

Financial Programs:

Medical Travel Assistance Program: 1-877-475-2412
Veterans Affairs: 1-800-563-9623 (www.vac-acc.gc.ca)
Workman's Compensation: 1-800-563-9000 (www.whsc.nf.ca)
Human Resources Development Canada: 1-800-622-6232
(www.hrdc.drhc.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

Medical Equipment and Supplies:

Eastern Health: 777-7404, Red Cross: 758-8400

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
Eastern Health: www.easternhealth.ca
Federal Government Program: www.hrdc.drhc.gc.ca
Provincial Government Programs: 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)