Central – Screening for Distress Resource Pathways

Cancer Care Resources

Social Work (Acute Care): 1-709-256-5438 Gander/1-709-256-2813 Gander 1-709-292-2246 GFW

Social Work (Community Support):

1-709-651-6241 Gander/1-709-489-8161 GFW

Pastoral Care: 1-709-292-2334 GFW

Pain & Symptom Management Palliative **Care Consultants:**

1-709-256-5934 Gander/1-709-489-4703 GFW

EOL Coordinator

Palliative Care Team: 1-709-777-6802

Diabetic Clinic: 1-709-256-5601 Gander 1-709-292-2437 GFW Dietician: 1-709-256-5695 Gander 1-709-292-2602 GFW

Aboriginal Navigator: 1-709-777-2199

Outpatient Appointments Cancer Centre:

1-709-256-5545 Gander 1-709-292-2112 GFW

Client Relations Officer:

1-709-292-2272 GFW

Cancer Patient Navigators:

1-855-848-3888

Lymphedema:

Coordinator: 1-709-651-6266 Gander

Occupational Therapy: 1-709-256-5496 Gander

1-709-292-2242 GFW

Physiotherapy: 1-709-256-5496 Gander

1-709-292-2242 GFW

Look Good Feel Better:

Cancer Centre: 1-709-777-6480

Ostomy & Wound Care:

1-709-256-5681 Gander/1-709-292-2431 GFW

Seniors Program: 1-709-651-6324 Gander

Accommodations: Agnes Cowan Hostel:

1-709-777-6831

Daffodil Place: 1-709-753-6520

Extended Stay: 1-709-754-7888

Hillview Terrace: 1-888-754-9822

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

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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 Coordinator St. John's 1-709-777-7541 Oncology Pharmacist: 1-709-292-2104 GFW

Mental Health & Addictions

1-709-256-5438 or 1-709-256-2813 Gander 1-709-292-2246 GFW

Health and Community Services:

1-709-651-6241 Gander/1-709-489-8161 GFW

Fertility Services: Nurse Coordinator: 1-709-752-3664 Fertile Future: 1-877-467-3066

Transportation:

AES: 1-888-632-4555, Hope Air: 1-877-346-4673

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.whscc.nf.ca) Advanced Education & Support (AES): 1-866-417-4753

Dr. H. Bliss Murphy Cancer Care Foundation: Send referral via Social Work Seniors Ostomy Subsidy Program: 1-709-753-3615

Canada Pension disability: www.servicecanada.gc.ca/eng/.../pensions/cpp/disability

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

Young Adult Cancer Canada Team

1-709-579-7325 (Phone) 1-709-579-7326 (Fax) connect@youngadultcancer.ca www.youngadultcancer.ca

Medical Equipment and Supplies: Red Cross: 1-709-256-2386 Gander/

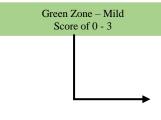
1-709-489-5522 GFW Occupational Therapy (Community): 1-709-256-5782 Gander/1-709-292-2233 GFW HealthQuest: 1-709-489-2111 GFW Central Medical: 1-709-489-1296 GFW Central Orthotics: 1-709-651-3858 Gander Gander Pharma Choice: 1-709-651-2003 Gander Central Pharmacy: 1-709-489-5411 GFW

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

Canadian Cancer Society: 1-709-489-5822 GFW Lawtons: 1-709-256-7550 Gander

BC Cancer Agency: www.bccancer.ca Ontario Cancer Agency: https://www.cancercare.on.ca CANO: www.cano-acio.ca

Guide to Interpreting Scores



Yellow Zone – Moderate Score of 4 - 6

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)

Score of 7 - 10