I lqdqfldd#Wr{lflw|= d#lihorqj#vlgh#iihfw# iurp #fdqfhu

Allina Health
CANCER INSTITUTE

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G lp hqvlrqv#q#K qfrqj|#F rqjhuhqfh
Q ryhp ehu#/#5355

1

G lvforvxuhv

Vdgo/#L#kdyh#gr#lqdqfldd#uhodwlrqvklsv#ur#glvforvh#

2

R emhfwlyhv

- H{soolq#kh#p sdfw#r i#fdqfhu0uhodwhg#lqdqfldd#r{flw|
- G lvfxvv#frp suhkqvlyh#e lrsv|fkrvrfldd#vvhvvp hqw#lvi#urxwlqh#sduw# r i#surylqlj#z krdh#shuvrq#rqfroj|,#fduh
- G hvfuleh#dydodeh#uhvrxufhv#dqg#xssruw#huylfhv
- Ighqwli|#uhdv#ru#jurzwk#dqg#p suryhp hqw

E dfnjurxqg#ri#I lqdqfldd#Wr{lflw|

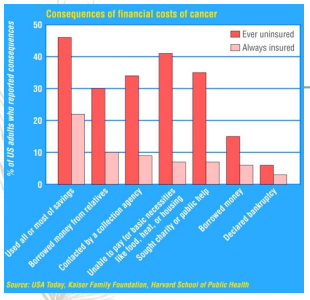
- Iq#5354/#z khq#dfhg#z lwk#dlk|srwkwlfdd#n{shqvh#r i#733/#54 (#r i#dor# dgxow#vdlg#wkh|#z rxqg#kdyh#sdlg#e|#eruurz lqj#dhoodqj#vrp hwklqj#dqg# 44 (#vdlg#wkh|#z rxqg#rwkdyh#ehhq#dedn#ar#fryhu#wkh#n{shqvh#dlwdo
- 5:(#r i#dgxow#dqglfdwhg#wkh|#frxqg#qrw#fryhu#wkuhp rqwkv#r i#n{shqvhv# e|#dq|#p hdqv
- Dp rqj#wkh#kqlqvxuhg/#73 (#z hq#z lwkrxwp hglfdd#uhdwp hqw#ehfdxvh# wkh|#frxqgq'u#iirug#w
- Iq#534;/#K V#rqfroj|#sdwlhqw#sdlg#819#elooqrq#q#rxw0ri0srfnhw#frvw# iru#fdqfhu#uhdwp hqw

0U hsruw#rq#wkh#frqrp lf#z hoE hlqj#r i#K V#K rxvwkrqgvilq#5354/#P d|#535 5 0F dqfhu#D fwlrq#Q hw run/#W khF rvw#r i#F dqfhu/#5353#glwlrq

4

3

F rvw#ri#F dqfhu



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- 58(#r i#rqfroj|#sdwlhqw#lqfoxglqj#erwk# lqvxuhg#lqg#kqlqvxuhg,#kvhg#ks#p rvw#ru# dq#r i#wkhlu#vdylqjv#lqg2ru#eruurz hg#urp # uhodwlyhv
- 83(#qrwhg#vvxhv#z lwk#fduh#frruqlqdwlrq

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5

P dwhuldd#K dgvkls# yv# Sv|fkrorjlfdd#K dgvkls

- E ruurz lqj#p rqh|#ru#jrlqj#lqwr#ghew
- I lklj#ru#edqnuxswf|
- E hlqj#ledn#ar#fryhu#qh0#z q#wkduh#r i#p hglfdd#rvw
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- Dq{lw|#lqg#ghsuhvvlrq
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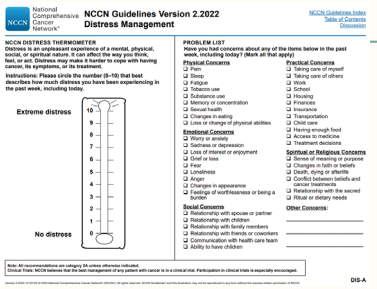
NCCN Guidelines Version 2.2022
Distress Management

NCCN DISTRESS THERMOMETER

Distress is an unpleasant experience of a mental, physical, social, or spiritual nature. It can affect the way you think, feel, or act. Distress may make it harder to cope with having cancer, its symptoms, or its treatment.

Instructions: Please circle the number (0–10) that best describes how much distress you have been experiencing in the past week, including today.

Extreme distress: 10 9 8 7 6 5 4 3 2 1

No distress: 0

PROBLEM LIST

Have you had concerns about any of the items below in the past week, including today? (Mark all that apply)

Physical Concerns
- Pain
- Sleep
- Fatigue
- Tobacco use
- Substance use
- Memory or concentration
- Sexual health
- Changes in eating
- Loss or change of physical abilities

Emotional Concerns
- Worry or anxiety
- Sadness or depression
- Loss of interest or enjoyment
- Grief or loss
- Fear
- Loneliness
- Anger
- Changes in appearance
- Feelings of worthlessness or being a burden

Social Concerns
- Relationship with spouse or partner
- Relationship with children
- Relationship with family
- Relationship with friends or coworkers
- Communication with health care team
- Ability to have children

Practical Concerns
- Taking care of myself
- Taking care of others
- Work
- School
- Housing
- Finances
- Insurance
- Transportation
- Child care
- Having enough food
- Access to medicine
- Treatment decisions

Spiritual or Religious Concerns
- Sense of meaning or purpose
- Changes in faith or beliefs
- Death, dying or afterlife
- Conflicts with beliefs and gender treatments
- Relationship with the sacred
- Ritual or dietary needs

Other Concerns: _____

Clinical Trials: NCCN believes that the best management of any patient with cancer is in a clinical trial. Participation in clinical trials is especially encouraged.

DIS-A

7

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- ildqfldd#frqfhuqv
- wudqvsruwdwrq#hvvxhv
- khdwk#lqvxudqfh
- p hdq#ghdyhu|
- z ljvhdgg#khdg#fryhulqjv
- vkruwdrqj#gjvdeldw|
- Idp lo|#P hglfdd#Dhdyh#D fw#IP OD,
- VVL#HVGL
- hwwdw#sdqqlqj#dgg#by lqj#z lqv
- khdwk#duh#glhfw yhv
- dnjdd#frqfhuqv
- wdonlqj#z lk#Dkguuhq#lerxw#dqfhu#gldjqrvlv
- Hqg#ri#Dlih#sdqqlqj
- Fduhjlyhu#xssruw
- julh#dgg#rvv
- hp rwrqdd#surfhvvlqj#dgg#p hqwdd#khdwk# vxssruw

8

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- Rqfrqj|#Vrfldd#Z runhu##Dlfhqvhg#Vkhudslvw
- Sdwlhqw#Iqdqfldd#Q dyljdwlrq#lqvxudqfh#swlp l}dwlrq/#rsd|# dvvlvwdqfh#yld#rxqgdwlrqv#ru#skdup dfhxwlfdd#rp sdqlnv,
- Sdwlhqw#Iqdqfldd#Frxqvhoru
- Donqd#Sduwqhuv#Fduh
- P hg#Hdjledh#Vhfldvvw#uh#kqlqvxuhg##kqghulqvxuhg/#DSF/#VGL,
- Iqdqfldd#dvvlvwdqfh#judqw#z lwklq#K rvslwdd##Fdqlf

9

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- Vwdwh#uhQ dwlrqdd#judqw#uh=#gldjqrvlv/#djh/#jhqghu/#nwf,
- U[#hvvlvwdqfh#fdugv#lh=#U rrg#U[/#Q hhg|P hgv/#nwf,
- Hqhuj|#D vvlvwdqfh#ru#kwdwlhv
- Dqjhd#Erxqgdwlrq#idp lo|#xssruw/#lqdqfldd,
- Fdqfhu#Dhjdd#Fduh
- J kgdG#Force#
- Mdfn G#Fduhjlyhu#Frdwlrq
- R shq#Dup v/#nrfdd#nrg#sdqwulhv/#rxqw|#nrg#xssruw
- Dp hulfdq#Fdqfhu#Vrflnw|#K rsh#Drgjh/#Urdg#z#Uhfryhu|,#
- Wudqvsruwdwrq#yld#Frxqw|#K#hwudq#K hdwk#lqvxudqfh#D FV
- Orqj#Whup #Fduh#lqvxudqfh#srdflhv
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10

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- Qhhg#ru#p ruh#vrfldd#z run#xssruw
- Iqfrqvlwhqw#uhvrxufhv#dfurvv#wkh#Donqd#K hdwk#v|vwhp
- Odfn#:i#wdii#sdwlhqw#nqrz dhgjh#ihjdug lqj#lydodnh#uhvrxufhv
- Olp lwhg#xqglqj#ru#ydulrxv#fdqfhu#gldjqrvhv
- Vwljp d#xuurxqglqj#sduwflsdwlrq#z lwk#xssruw#uhvrxufhv

11

Uhihuhqfhv

- Uhsruw#rq#Wkh#Hfrqrp lf#Z hoÆEhlqj#:i#K V#K rxvhkrqgv#lq#5354/#P d|#5355
- 0F dqfhu#D fwlrq#Q hw run/#W khF rvw#:i#F dqfhu/#5353#H glwlrq
- XVD#Wrgd|/#N dlvhu#Idp lo|#Erxqgdwlrq#EP M#5339#3 hf#5:#666+:8:<,#446;1
- \deuii#NU/#Grz okqj#HF/#Ux|#US#u/#w#dc#M#F olq#Rqfrd#5349x67+58<059:
- G lwuhvv#Wkup rp hwhu#'huvlrq#5355/#3425:255#L#5355#Q dwrqdd# Frp suhkqvlyh#F dqfhu#Q hw run* #Q FFQ*,

12

Frqwdfw#Lqirup dwlrq

Ehwk#D1#Mrkqvrq/#PVZ/#DLFVZ/#RVZ0F
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Dodqd#Khdowk#Fdqfhu#Lqvwlwxwh#UFrrq#Udslgv
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13