

## Symptom self-check: How are you feeling today?

Use the tool below to help find resources/services to help self-manage your symptoms.

If needed, you can print this document to record your answers.

No one else will see your results, so be honest and don't judge yourself. It is normal for your symptoms and feelings to fluctuate.

**STEP 1: For each symptom, pick a number (From 0 = none, to 10 = worst) that shows how you feel today.**

| Symptom  | Low     | Medium | High     |   | Item # |
|--|---------|--------|----------|---|--------|
| Least pain   | 0 1 2 3 | 4 5 6  | 7 8 9 10 | Worst pain  | A      |
| Least tiredness<br><i>(Tiredness = lack of energy)</i>   | 0 1 2 3 | 4 5 6  | 7 8 9 10 | Worst tiredness   | B      |
| Least drowsiness<br><i>(Drowsiness = feeling sleepy)</i> | 0 1 2 3 | 4 5 6  | 7 8 9 10 | Worst drowsiness  | C      |
| Least nausea   | 0 1 2 3 | 4 5 6  | 7 8 9 10 | Worst nausea  | D      |
| Least lack of appetite<br><i>(good appetite)</i>         | 0 1 2 3 | 4 5 6  | 7 8 9 10 | Worst lack of appetite<br><i>(no appetite at all)</i>       | E      |
| Least weight loss  | 0 1 2 3 | 4 5 6  | 7 8 9 10 | Worst weight loss   | F      |
| Least problem swallowing                                 | 0 1 2 3 | 4 5 6  | 7 8 9 10 | Worst swallowing<br><i>(difficulties, choking)</i>          | G      |
| Least shortness of breath<br><i>(breathing well)</i>     | 0 1 2 3 | 4 5 6  | 7 8 9 10 | Worst shortness of breath<br><i>(struggling to breathe)</i> | H      |
| Least depression<br><i>(Depression = feeling sad)</i>    | 0 1 2 3 | 4 5 6  | 7 8 9 10 | Worst depression  | I      |
| Least anxiety<br><i>(Anxiety = feeling nervous)</i>      | 0 1 2 3 | 4 5 6  | 7 8 9 10 | Worst anxiety   | J      |

Use the **Item #** to look up resources for each symptom on the next page.

## Symptom self-check: How are you feeling today?

**STEP 2: Find resources related to your symptoms/concerns that you noted above.** Click on the links below.

**Low (0 – 3) to Medium (4 – 6) symptom scores**

- 1) Please look at BC Cancer’s [Managing Symptoms and Side Effects](#) resources for information related to your symptom:

|   |   |   |
|---|---|---|
| A <a href="#">Pain</a>                      | B & C <a href="#">Tiredness / Drowsiness</a><br><a href="#">Sleeping problems</a> | D <a href="#">Nausea and vomiting</a>   |
| E & F <a href="#">Appetite / Weigh loss</a> | G <a href="#">Swallowing</a>  | H <a href="#">Shortness of breath (dyspnea)</a><br><a href="#">Neutropenia</a>                      |
| I <a href="#">Depression</a>                | J <a href="#">Anxiety</a>   | <a href="#">Other symptoms not listed here:</a><br>see column on the right-hand side of the webpage |

You can also search for “managing symptoms” or for any symptom on the BC Cancer website, [www.bccancer.bc.ca](http://www.bccancer.bc.ca)  
Additional information can be found on the “[Coping with Cancer](#)” webpage.

- 2) If your symptoms continue, please contact your family physician or your local BC Cancer patient care nurse line during normal business hours, and let them know about the symptoms you are experiencing:

|   |  |  |
|---|--|--|
| <b>Abbotsford:</b> 604-870-7470                                       | <b>Kelowna:</b> 1.888.563.7773 local 686643 <i>or</i><br><b>Radiation</b> 250.979.6643<br><b>Systemic (Chemo) Therapy</b> 250.712.3944 | <b>Prince George:</b> 250.645.7313 <i>or</i><br>1.855.775.7300, local 687313 |
| <b>Surrey:</b> 604.877.6025 <i>or</i><br>1.800.663.3333, local 676025 | <b>Vancouver:</b> 604-877-6025   | <b>Victoria:</b> 250-519-5500 <i>or</i><br>1-800-670-3322                    |

**High (7 to 10) symptom scores:** if your symptoms are not getting better or are getting worse, please contact your family physician or your local BC Cancer patient care nurse line (as above). For emergencies, call 9-1-1

Additional resources:

| <b>Pain, tiredness, drowsiness, nausea, &amp; shortness of breath</b>  | <b>Weight loss &amp; Appetite</b>   | <b>Swallowing</b>   | <b>Depression / Anxiety</b>   |
|--|---|---|---|
| Consider contacting your local <a href="#">BC Cancer Pain and Symptom Management/Palliative Care</a> for an appointment. | Consider contacting your local <a href="#">BC Cancer Nutrition Services</a> for an appointment. | Consider contacting your local <a href="#">BC Cancer Speech Language Pathology Services</a> for an appointment. | Consider contacting your local <a href="#">BC Cancer Patient and Family Counselling</a> for an appointment. |