

Dear Patient/Family Member,

It is important that your care team understand and monitor your symptoms that affect your quality of life over time. The checklist on the other side of this page helps us do this.

Some people with kidney disease may experience symptoms that affect their lives. Common symptoms include:

- feeling generally unwell
- pain
- feeling sad, “blue”, or depressed
- nausea
- low energy
- feeling anxious or worried
- poor appetite
- restless legs

Please turn this page over and complete the My Symptom Checklist. We want to know how you have felt **in the past week**. This will help us to monitor what symptoms you have, and to understand how they affect your life. We may not be able to relieve all your symptoms; however, we will try to help improve your overall well being.

Do you have any questions or concerns about this checklist? Please ask us.

Yours sincerely,

*Your Kidney Care Team*

# MY SYMPTOM CHECKLIST

## (MODIFIED ESAS\*)

It is important that your care team understand and monitor your symptoms over time. This checklist helps us do this. For more information, please see letter attached to this form.

Date: \_\_\_\_\_ (DD-MON-YYYY)  
 Time: \_\_\_\_\_ (HR24:MI)

**PATIENT INFORMATION/LABEL**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

PHN: \_\_\_\_\_

**Please circle the number that best describes how you have been feeling over the PAST WEEK with each symptom.**

**Scale: 0 = no symptom 10 = the worst possible for the symptom**

No pain		Worst possible pain
Not tired (feeling lack of energy)		Worst possible tiredness
Not nauseated (feeling like throwing up)		Worst possible nausea
Not depressed (feeling sad)		Worst possible depression
Not anxious (feeling nervous)		Worst possible anxiety
Not drowsy (feeling sleepy)		Worst possible drowsiness
Best appetite (feeling hungry)		Worst possible appetite
Best feeling of wellbeing (overall comfort)		Worst possible feeling of wellbeing



# MY SYMPTOM CHECKLIST

(MODIFIED ESAS\*)

## PATIENT INFORMATION/LABEL

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

PHN: \_\_\_\_\_

Please circle the number that best describes how you have been feeling over the PAST WEEK with each symptom.

Scale: 0 = no symptom 10 = the worst possible for the symptom

No shortness of breath		Worst possible shortness of breath
No itch		Worst possible itch
No problem sleeping		Worst possible problem
No restless legs		Worst possible restless legs
Any other symptom or concern? Please specify:		
No symptom		Worst possible symptom

### This section to be completed by staff.

Scale completed by: (check one)

- Patient
- Care Team Member Assisted
- Family Member
- Patient refused (note why if known): \_\_\_\_\_
- See progress notes for follow up on symptoms
- Care plan updated
- Results entered in PROMIS

Enter date: \_\_\_\_\_ Entered by: \_\_\_\_\_

