What is Symptom Assessment?
Reporting your cancer related symptoms tells us how you are feeling. It helps to start the conversation so we can help you to manage your symptoms.
Symptom assessment is done at every Cancer Centre across Ontario.

The symptom assessment tool will ask you to rate common symptoms that people diagnosed with cancer may have, such as:

- pain
- tiredness
- drowsiness
- nausea
- lack of appetite
- shortness of breath
- depression
- anxiety
- changes in feeling of wellbeing

It will also ask you to rate your level of activity.

Why is this important?
- It helps you and your health care providers identify your most important symptoms.
- It helps us to see how your symptoms maybe changing.
- Symptoms are better controlled when patients and health care providers use symptom reports to discuss symptoms and make a plan.

How do I report my symptoms?
It takes less than 5 minutes at one of our Symptom Assessment Kiosks (computer). Trained volunteers can help you find a computer and complete your assessment.

1. Answer the questions about how you are feeling by tapping the computer screen. Rate each symptom on how you are feeling today. “0” means no symptoms, “10” means the symptom is at its worst.
2. When you are finished, wait for the symptom report to print.
3. Give your symptom report sheet to your health care provider. Don’t forget to also report other symptoms you have.

When do I report my symptoms?
- before every appointment
- once a week if you are coming to the clinic frequently
- more often if things change

You can also report your symptoms from home!
You may choose to complete the symptom assessment online from home at https://isaac.cancercare.on.ca (this is a secure website). You can report your symptoms as often as you like. Please remember to bring a printed copy of your Symptom Assessment with you to your appointments.

How will this information be used?
- Together, you and your health care provider(s) will make a plan to improve your symptoms. The plan may include such things as:
  - tips on managing your symptoms, including viewing a video or attending a class
  - use of a medication
  - a referral to a specialist or service
  - or adjusting your current treatment
- Results are also used by the cancer centre and Cancer Care Ontario to improve our cancer services. Knowing which symptoms are most frequent helps us plan new ways to manage them.
- Your information is confidential

Your symptoms are important to us. Help us help you.

Disclaimer
This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified health-care provider. Please consult your health-care provider who will be able to determine if this information is appropriate for your specific situation.