

## Symptom Management: ESAS - r

The ESAS-r should be completed from the perspective of the person with the life-limiting illness. Each symptom is rated on a scale from 0 to 10, and should reflect how they are feeling in that moment. Zero (0) means you do not have that symptom and ten (10) means that symptom is the most distressing it could be.

No Pain												Worst Pain
	0	1	2	3	4	5	6	7	8	9	10	
No Tiredness Worst Tire										st Tiredness		
	0	1	2	3	4	5	6	7	8	9	10	
(Tiredness = lack of energy) No Drowsiness Worst Drowsiness												
NO Drowsin	0	1	2	3	4	5	6	7	8	9	10	Drowsiness
	O	1	_					ess ale		J	10	
No Nausea			`				-1-37		7		Wo	rst Nausea
	0	1	2	3	4	5	6	7	8	9	10	
Normal Appetite Worst Lack of Appetite												
Νοιτιαι πρρ	0	1	2	3	4	5	6	7	8	9	10	or Appetite
No Shortnes				2	1	5	6	7				ss of Breath
=		ı	_	J	4	J	O	/	O			
No Depress		1	2	2	1	Г	C	7	0			Depression
	U	I	_				_	•			10	
(Depression = feeling sad, withdrawn) No Anxiety Worst Anxiety											orst Anxiety	
	0	1	2	3	4	5	6	7	8	9	10	
(Anxiety = feeling worried, restless)												Norst Class
ио зіеер	$\cap$	1	2	2	1	5	6	7	2	9		worst Sieep
		ı	_	J	4	J	O	/	O	J		
Best Wellbe	_	1	2	2	Л	г	<u></u>	7	0	0		st Wellbeing
0												
No Depress  No Anxiety  No Sleep  Best Wellbe	0 ion 0 0	1	2 2 ( <i>De</i> <sub>l</sub>	3 pressi 3 nxiety 3	4 y = fee 4	5 feeling 5 ling w 5	6 g sad, 6 vorried 6	7 d, resti 7 7	8 8 rawn, 8 less) 8	9 9	10 Worst 10 W 10	Depression

Reference: Alberta Health Services