



# 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	0	1	2	3	4	5	6	7	8	9	10	Worst Pain
No Tiredness	0	1	2	3	4	5	6	7	8	9	10	Worst Tiredness
	<i>(Tiredness = lack of energy)</i>											
No Drowsiness	0	1	2	3	4	5	6	7	8	9	10	Worst Drowsiness
	<i>(Drowsiness = sleepy, less alert)</i>											
No Nausea	0	1	2	3	4	5	6	7	8	9	10	Worst Nausea
Normal Appetite	0	1	2	3	4	5	6	7	8	9	10	Worst Lack of Appetite
No Shortness of Breath	0	1	2	3	4	5	6	7	8	9	10	Worst Shortness of Breath
No Depression	0	1	2	3	4	5	6	7	8	9	10	Worst Depression
	<i>(Depression = feeling sad, withdrawn)</i>											
No Anxiety	0	1	2	3	4	5	6	7	8	9	10	Worst Anxiety
	<i>(Anxiety = feeling worried, restless)</i>											
No Sleep	0	1	2	3	4	5	6	7	8	9	10	Worst Sleep
Best Wellbeing	0	1	2	3	4	5	6	7	8	9	10	Worst Wellbeing
	<i>(Wellbeing = feeling overall)</i>											

Reference: Alberta Health Services