A Canadian Distress Screening Initiative
Zeev Rosberger
Distress has been recognized as the Sixth Vital Sign in Cancer Care
- Needs to be detected, measured and addressed

Emotional support receives the lowest patient satisfaction score

Grant awarded by Canadian Partnership Against Cancer for a three-year project (2014-2017)

Partnership including cancer care centres in Quebec (RCN) and in Ontario (CCO) & FNIM
Objectives

The main objectives are:

- To facilitate the UPTAKE of a standardized core set of patient-reported outcome measures (PROMs) and patient-reported experience measures (PREMs) for ACTIONABLE and MEANINGFUL use in clinical practice.
- To develop a standardized and sustainable patient-centered measurement system to improve patient experience of cancer and care applicable to all jurisdictions in Canada.

«Completing a screening tool is not sufficient to achieve person-centered care. A coordinated, evidence based response to distress needs to be implemented in a planned and systematic way:…»

*Screening for Distress, the 6th Vital Sign: A Guide to Implementing Best Practices in Person-Centred Care. CPAC. (2012).*
Patient Reported Outcomes

ESAS-R + four patient-reported outcome (PROs) measures integrated into the clinical interaction:

- Depression – Personal Health Questionnaire (PHQ-9)
- Anxiety – Generalized Anxiety Disorder Scale (GAD-7)
- Pain – Brief Pain Inventory (BPI)
- Fatigue – Cancer Fatigue Scale (CFS)
PATIENT REGISTRATION:

1. Please enter your MRN

2. Please enter your Date of birth
   - Year: 2014
   - Month: January
   - Day: 1

3. Please enter your RAMQ ID

4. Please enter your First name

5. Please enter your Last name

6. Press NEXT to proceed

Next
This questionnaire will ask you about any sense of **fatigue** you might be experiencing. For each question, please select only one number you think most aptly describes your current state. Try to answer on the basis of first impressions, without thinking deeply about each question.

**RIGHT NOW:**

<table>
<thead>
<tr>
<th>Question</th>
<th>No</th>
<th>A little</th>
<th>Somewhat</th>
<th>Considerably</th>
<th>Very much</th>
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</thead>
<tbody>
<tr>
<td>Do you become tired easily?</td>
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<td>Do you have the urge to lie down?</td>
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<tr>
<td>Do you feel exhausted?</td>
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Clinical Outcomes

Immediate Outcomes

- Reduce Symptom Severity and Distress
- Increase Person-Centered Communication and Collaborative Team Working
- Increase Patient Activation

Intermediate Outcomes

- Improve Patient Experience Outcomes

Long-Term Outcomes

- Standardize PROM use in cancer populations / Reduce population rates for urgent care and acute care hospitalizations related to symptoms
Next steps

• Clinician education
• Patient education
• Implementation
Thank you !