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LUNG DIAGNOSTIC ASSESSMENT PROGRAM ESAS Instructions

The Edmonton Symptom Assessment Scale (ESAS) is designed to assist you in the assessment of the symptoms of pain, tiredness, depression, anxiety, drowsiness, appetite, well being and shortness of breath. Each symptom is rated on a scale of 0-10 with 0 meaning the symptom is absent and 10 meaning the symptom is the worst possible severity.

All patients that enter the Lung Diagnostic Assessment Program are asked to complete the ESAS Form on the reverse side and bring it with them to their first consultation appointment.

How to Complete the ESAS Form (example):

Please circle the most appropriate number on the form to indicate your symptoms:

- No Pain 0 1 2 3 4 5 6 7 8 9 10 Worst Possible Pain

Words for symptoms that will help you to complete this tool:

Depression: sad or feeling blue

Anxiety: nervousness or restlessness

Tiredness: decreased energy level (but not necessarily sleepy)

Drowsiness: sleepiness

Well-being: your overall comfort, both physical and emotional

Thank you for taking the time to complete the ESAS Form. Please bring it with you to your first consultation appointment with the Lung Diagnostic Assessment Program.



Thunder Bay Regional
Health Sciences
Foundation