

Needs Assessment Tool – Patients & Families [NAT-P&F]

The topics below are often a concern for people with cancer and those close to them. Section 1 is for patients to assess their levels of concern about a range of issues. It can be completed on their own or with the help of a family member or friend. Section 2 is for caregivers, friends or family to assess their own levels of concern.

Please indicate how concerned you are now about each issue, by placing a tick in the appropriate column (Level of Concern).

Indicate with a second tick whether you need to discuss the issue with your doctor or other health professional (eg. cancer care coordinator) or whether you would like to address this concern yourself (Actions).

The last column indicates where in Life, Hope and Reality you may find resources to help you address the specific issue.

Take the completed Needs Assessment Tool (NAT-P & F) with you to your next doctor's appointment. You can use it as a prompt to raise and discuss your concerns.

DATE COMPLETED: _ _ - _ - _						
Section 1: For the person with cancer	Level of Concern			Actions		Read more in <i>Life, Hope & Reality</i>
	None/ minor	Some	A lot	Discuss with doctor	Address concern myself	
How concerned are you NOW about:						
Finding general information about cancer						Introduction
Physical Symptoms						
Managing physical symptoms (eg. pain, fatigue)						Chapter 1 and Symptom Distress Scale (p124) Fatigue Scale (p126) Pain Assessment Tool (p130)

DATE COMPLETED: _ _ - _ - _						
Section 1: For the person with cancer	Level of Concern			Actions		Read more in <i>Life, Hope & Reality</i>
	None/ minor	Some	A lot	Discuss with doctor	Address concern myself	
Physical Symptoms Cont.						
Knowing more about which physical symptoms should I expect						Chapter 1
Carrying out normal daily living activities (eg. walking, getting out of a chair)						Chapter 1
Determining availability of other treatments						Chapter 1
My time spent travelling to hospitals and waiting around for appointments						Chapter 1
Getting more information about my physical needs and where to go to obtain the care I need						Chapter 1
Emotional Needs						
Identifying and managing feelings of anxiety, depression sadness, regret or anger						Chapter 2 and Emotion Thermometers (p133)
Trying to maintain hope or finding meaning in my life						Chapter 2 and Helpless/ Hopeless and Fighting Spirit Scales (p135)
Dealing with changes in sexual feelings or intimate relationships						Chapter 2
Dealing with feelings of being unworthy						Chapter 2
Thinking unclearly or changes in my level of awareness						Chapter 2

DATE COMPLETED: _ _ - _ - _

Section 1: For the person with cancer	Level of Concern			Actions		
	None/ minor	Some	A lot	Discuss with doctor	Address concern myself	Read more in <i>Life, Hope & Reality</i>
Emotional Needs Cont						
Accessing health professionals that can help me with my emotional needs						Chapter 2
Social Needs						
My current social support network						Chapter 3
My relationship with my partner and family						Chapter 3
Communicating well about important issues between me and members of my family						Chapter 3
Communicating well with my health professionals						Chapter 3
Conflicting beliefs between my current health care and my way of life or customs						Chapter 3
Overcoming language barriers						Chapter 3
My spirituality and finding meaning in my life						Chapter 3
Lifestyle						
Losing or gaining weight						Chapter 4
Increasing my level of exercise						Chapter 4
Balancing work and my current health						Chapter 4

DATE COMPLETED: _ _ - _ - _

Section 1: For the person with cancer	Level of Concern			Actions		
	None/ minor	Some	A lot	Discuss with doctor	Address concern myself	Read more in <i>Life, Hope & Reality</i>
Finances						
My financial situation or legal issues						Chapter 5
End of Life						
Developing an advance care directive or "living will"						Chapter 6
My feelings about death and dying						Chapter 6
Making plans for the future or making other decisions						Chapter 6
The person who cares for you						
Being a burden to loved ones						Chapter 7
Accessing support for those in my family or friends caring for me						Chapter 7
Palliative care						
Knowing when palliative care is appropriate for me						Chapter 8
Knowing which cancer specialist to see to obtain palliative care						Chapter 8

Other topics of concern? Please list here and discuss with health professionals:

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