

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

The topics below are often a concern for people with cancer and those close to them.

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.

Section 1: For the person with cancer	Date Completed					
	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)						Physical Needs
Knowing more about which physical symptoms should I expect						
Carrying out normal daily living activities (eg. walking, getting out of a chair)						
Determining availability of other treatments						
My time spent travelling to hospitals and waiting around for appointments						
Getting more information about my physical needs and where to go to obtain the care I need						
Emotional Needs:						
Identifying and managing feelings of anxiety, depression sadness, regret or anger						Emotional Needs
Trying to maintain hope or finding meaning in my life						
Dealing with changes in sexual feelings or intimate relationships						
Dealing with feelings of being unworthy						
Thinking unclearly or changes in my level of awareness						
Accessing health professionals that can help me with my emotional needs						

Social Needs:						
My current social support network						Social Needs
My relationship with my partner and family						
Communicating well about important issues between me and members of my family						
Communicating well with my health professionals						
Conflicting beliefs between my current health care and my way of life or customs						
Overcoming language barriers						
My spirituality and finding meaning in my life						
Lifestyle						
Losing or gaining weight						Lifestyle
Increasing my level of exercise						
Balancing work and my current health						
Finances						
My financial situation or legal issues						Finances
End of Life						
Developing an advance care directive or "living will"						End of Life
My feelings about death and dying						
Making plans for the future or making other decisions						
The person who cares for you						
Being a burden to loved ones						The people who care
Accessing support for those in my family or friends caring for me						
Palliative care						
Knowing when palliative care is appropriate for me						Palliative Care
Knowing which cancer specialist to see to obtain palliative care						
Other topics of concern? Please list here and discuss with health professionals:						
a)						
b)						
c)						