

My

Key

To My Care

A guide to unlocking discussions with the healthcare team on your
current holistic needs.

Name:

Date:



Over the past week what have been your main problems or worries?

| |
|---|
| 1 |
| 2 |
| 3 |

Have any of the following affected you over the last week?

| | Not at all (0) | Slightly (1) | Moderately (2) | Severely (3) |
|-------------------------------|-------------------|-----------------|-------------------|-----------------|
| Pain or discomfort | | | | |
| Tingling in hands/feet | | | | |
| Breathlessness | | | | |
| Lack of energy | | | | |
| Poor appetite | | | | |
| Nausea | | | | |
| Vomiting | | | | |
| Diarrhoea | | | | |
| Constipation | | | | |
| Sore/dry mouth | | | | |
| Drowsiness | | | | |
| Poor sleep | | | | |
| Poor memory/ concentration | | | | |
| Other symptoms: | | | | |

How do you feel on this scale?

1.....10

Really poorly

Really well

Over the past week

| | Not at all (0) | Sometimes (1) | Most of the time (2) | Always (3) |
|---|-------------------|------------------|-------------------------|---------------|
| Have you been feeling worried or anxious? | | | | |
| Have your friends /family been worried about you? | | | | |
| Have you felt depressed? | | | | |
| Have you had as much information as you wanted? | | | | |
| Have any practical problems resulting from your cancer (e.g. financial) been addressed? | | | | |

Thank you for taking the time to complete this assessment tool.

Your Macmillan Cancer Nurse Specialist will arrange a time and date convenient for you to discuss your response in this document further.

Your Macmillan Cancer Nurse is

Contact Number

In the meantime if you wish to discuss any further concerns raised in this document you can call the Macmillan Wellbeing team based in the Irene Crosswell Macmillan Wellbeing Lounge, based on the Ground Floor of the Cancer Centre on 01908 996563.

Key contact Numbers

Cancer Centre Helpline: 01908 997634

Cancer Centre Reception: 01908 996351

Cancer Centre Chemotherapy Suite: 01908 996561

If you are concerned regarding any of your symptoms or feel unwell, please call the Acute Oncology / Haematology Contact: 01908 660033 Bleep 1090 to discuss further and for assessment.

Macmillan Cancer Support: 0800 808 00 00

