

STAS-S SYMPTOMS

DEFINITION & RATINGS FOR INDIVIDUAL SYMPTOMS WHICH CAN BE ADDED TO STAS

PAIN CONTROL

Effect of his/her pain on the patient.

0	None.
1	Occasional or grumbling single pain. Patient is not bothered to be rid of symptom.
2	Moderate distress, occasional bad days, pain limits some activity possible within extent of disease.
3	Severe pain present often. Activities and concentration markedly affected by pain.
4	Severe and continuous overwhelming pain. Unable to think of other matters.

OTHER SYMPTOM CONTROL

Is the patient suffering from:

_____ Lymphoedema

_____ Breathlessness/Dyspnoea

_____ Anorexia

_____ Nausea

_____ Pressure areas/Skin

_____ Pruritus

_____ Constipation

_____ Diarrhoea

_____ Cough

_____ Dysphagia

_____ Vomiting

_____ Oral Discomfort

(Please tick where applicable)

If any of these symptom/s is/are present, deliver the relevant questions.

LYMPHOEDEMA

Effects of his/her oedema on the patient.

0	None.
1	Slight oedema. Has usual activity and is not bothered to be rid of oedema.
2	Moderate oedema - occasional bad days - symptoms limits some activity, for example legs feel heavy when walking.
3	Severe oedema, activities and concentration markedly affected because of it.
4	Severe and continuous overwhelming oedema. Unable to think of other matters.

BREATHLESSNESS

Effects of his/her breathlessness/dyspnoea on the patient.

0	None.
1	Occasional breathlessness. Has usual activity and is not bothered to be rid of dyspnoea.
2	Moderate breathlessness, occasional bad days. Breathlessness limits some activity possible with extent of disease.
3	Severe breathlessness, present often. Activities and concentration markedly affected by breathlessness.
4	Severe and continuous overwhelming breathlessness. Unable to think of other matters.

ANOREXIA

Effects of his/her anorexia on the patient.

0	None.
1	Occasional or grumbling anorexia. Has usual activity and is not bothered to be rid of anorexia.
2	Moderate distress from anorexia, occasional bad days. Anorexia limits some activity possible with extent of disease.
3	Severe distress from anorexia, present often. Activities and concentration markedly affected by anorexia.
4	Severe and continuous overwhelming distress from anorexia. Unable to think of other matters.

NAUSEA

Effects of his/her nausea on the patient.

0	None.
1	Occasional nausea. Has usual activity and is not bothered to be rid of nausea.
2	Moderate nausea, occasional bad days. Nausea limits some activity possible with extent of disease.
3	Severe nausea, present often. Activities and concentration markedly affected by nausea.
4	Severe and continuous nausea. Unable to think of other matters.

PRESSURE AREAS/SKIN

This is an assessment of the distress to the patient because of skin/pressure area discomfort.

0	None.
1	Occasional or slight discomfort. Has usual activity and is not bothered to be rid of symptoms.
2	Moderate discomfort, occasional bad days because of skin/pressure area discomfort, some activities limited.
3	Severe discomfort, activities and concentration markedly affected.
4	Severe and continuous discomfort. Unable to think of other matters.

PRURITUS

Effects of his/her pruritus on the patient.

0	None.
1	Occasional or slight itch. Has usual activity and is not bothered to be rid of itch.
2	Moderate distress from itch, occasional bad days. Itch limits some activity.
3	Severe distress from itch, present often. Activities and concentration markedly affected.
4	Severe and continuous itch. Unable to think of other matters.

CONSTIPATION

Effects of his/her constipation on the patient.

0	None.
1	Occasional or grumbling constipation. Has usual activity and is not bothered to be rid of constipation.
2	Moderate constipation, occasional bad days because of bowels.
3	Severe constipation, present often. Activities and concentration markedly affected by bowel habit.
4	Severe and overwhelming constipation. Unable to think of other matters.

DIARRHOEA

Effects of his/her diarrhoea on the patient.

0	None.
1	Occasional or slight diarrhoea. Has usual activity and is not bothered to be rid of diarrhoea.
2	Moderate diarrhoea, occasional bad days. Diarrhoea limits some activity possible with extent of disease.
3	Severe diarrhoea, present often. Activities and concentration markedly affected by diarrhoea.
4	Severe and continuous overwhelming diarrhoea. Unable to think of other matters.

COUGH

Effects of his/her cough on the patient.

0	None.
1	Occasional or slight cough. Has usual activity and is not bothered to be rid of cough.
2	Moderate cough with occasional bad days. Cough limits some activity.
3	Severe cough present often. Activities (e.g. sleep) and concentration markedly affected by cough.
4	Severe and continuous cough. Unable to think of other matters.
Haemoptysis present? – Yes / No	

DYSPHAGIA

Remember – scoring is assessment of patient's distress from this symptom not necessarily severity of dysphagia itself.

0	None.
1	Occasional or slight dysphagia. Has usual activity and is not bothered to be rid of dysphagia.
2	Moderate distress from dysphagia, occasional bad days. Dysphagia limits some activity possible within extent of disease (e.g. refusing food when offered if out visiting).
3	Severe distress from dysphagia, present often. Activities and concentration markedly affected by dysphagia.
4	Severe and continuous distress from dysphagia. Unable to think of other matters – it may mean patient unable to swallow anything and distressed by this.

VOMITING

Effects of his/her vomiting on the patient.

0	None.
1	Occasional or slight vomiting. Has usual activity and is not bothered to be rid of vomiting.
2	Moderate amount of vomiting, occasional bad days. Vomiting limits some activity possible within extent of disease (e.g. will not go out in case he/she is sick).
3	Severe vomiting, present often. Activities and concentration markedly affected by vomiting.
4	Severe and continuous vomiting. Unable to think of other matters.

ORAL DISCOMFORT

This is to assess the degree of distress to the patient, for example, dry mouth may be a problem but a coated tongue may not. Would also include sore tongue, ill-fitting dentures (if annoying to patient). Does not include dysphagia.

0	None.
1	Occasional or grumbling oral discomfort. Has usual activity and is not bothered to be rid of oral problem.
2	Moderate oral discomfort, occasional bad days. Oral discomfort limits some activity possible within extent of disease (e.g. not wearing dentures because of sore gums).
3	Severe oral discomfort, present often. Activities and concentration markedly affected by oral discomfort.
4	Severe and continuous oral discomfort. Unable to think of other matters.

STAS-S SYMPTOMS

FOUR NEW ITEMS DEVELOPED BY OUR LADY'S HOSPICE

Patient well-being (patient perspective) [provisional scoring]

Does the patient feel that he/she is doing okay in him/herself?

0	Yes.
1	Mostly yes.
2	Yes and no.
3	Mostly no.
4	No.

Patient well-being (staff perspective) [provisional scoring]

Do we as a team feel that the person is doing okay in him/herself?

0	Yes.
1	Mostly yes.
2	Yes and no.
3	Mostly no.
4	No.

Family well-being [provisional scoring]

Do we as a team feel that this family are doing okay in themselves?

0	Yes.
1	Mostly yes.
2	Yes and no.
3	Mostly no.
4	No.

Staff anxiety [provisional scoring]

Effect of anxiety on professional caring for the patient/family?

0	Happy.
1	Mostly happy.
2	Yes and no.
3	Mostly unhappy.
4	Unhappy.
NB – These scorings have not been tested for reliability.	