Q 1	Is the sign/behaviour of distress present?	If No, score 0; if Yes, go to next question
Q 2	Is it moderately affecting on the day?	If No, score 1; if Yes, go to next question
Q 3	Is it dominating the day?	If No, score 2; if Yes, score 3

Score based on PACA. (Ellershaw J)

Patient sign or behaviour of distress: *(EXAMPLE):* *grimaces*

DATE	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30	1	2	3	4	5	6	7

| DATE or TIME | | | | | | | | | | | | | | | | | | | | | | | | | |

Patient sign or behaviour of distress:

| 3 | 2 | 1 | 0 |

Patient sign or behaviour of distress:

| 3 | 2 | 1 | 0 |

Patient sign or behaviour of distress:

| 3 | 2 | 1 | 0 |

Patient sign or behaviour of distress:

| 3 | 2 | 1 | 0 |

Patient sign or behaviour of distress:

| 3 | 2 | 1 | 0 |

Patient sign or behaviour of distress:

| 3 | 2 | 1 | 0 |

TOTAL score

Context of distress signs and behaviours (write here any specific situations that caused distress)

Document the daily frequency of each distress sign or behaviour with a ✓
Mark down the usual time each sign or behaviour lasts in minutes

Patient sign or behaviour of distress: *(EXAMPLE):*   *grimaces*

DATE	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7
Frequency	✓																								
	✓	✓																							
	✓	✓		✓																					
	✓	✓	✓	✓		✓																			
	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓													
How long?	10	12	6	8	5	5	2	<1	-	1	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-

DATE																									

Patient sign or behaviour of distress:

Frequency																									
How long?																									

Patient sign or behaviour of distress:

Frequency																									
How long?																									

Patient sign or behaviour of distress:

Frequency																									
How long?																									

Patient sign or behaviour of distress:

Frequency																									
How long?																									

TOTAL

Total frequency																									
Total time																									

Context of distress signs and behaviours (write here any specific situations that caused distress)

Disability Distress Assessment Tool (Monitoring Tool)

Edinburgh University (Matt Hayes), Northgate Palliative Care Team and St. Oswald's Hospice

Client's name:	DoB:	Page No:	Please affix patient
Unit/ward:	Gender:	NHS No:	addressograph here

Please complete at any times when you are concerned that the patient is distressed
This individual's signs and behaviours of contentment / distress are detailed on the first page of the DisDAT assessment sheet

Date	Time	Is Patient Content/ Distressed	Please record observations of severity and duration of distress in these columns		Action Taken	Outcome
			Signs of Distress	**Context of Distress**		