

- 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
3																										
2																										
1																										
0																										

DATE or TIME																										

Patient sign or behaviour of distress:

3																										
2																										
1																										
0																										

Patient sign or behaviour of distress:

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Patient sign or behaviour of distress:

3																										
2																										
1																										
0																										

TOTAL score

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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																									
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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)

