| [v17] DisDAT Monitor Patient: |  |       |        |      |             |      |       | Start month: Year: |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
|-------------------------------|--|-------|--------|------|-------------|------|-------|--------------------|--------------|-----|------|-----|------|------|-----|----|----|----|----|---|---|---|---|---|---|--|
| Q 1<br>Q 2<br>Q 3             | 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) |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| Patie                         |  |       |        |      |             |      | distr | ess                | : <i>(E)</i> | XAN | 1PLL | Ξ): | grin | пасе | s   |    |    |    |    |   |   |   |   |   |   |  |
| 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                          |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| D. (1)                        | Patient sign or behaviour of distress:   |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| Patie 3                       | nt sı<br>  | gn o  | r be   | hav  | our         | of c | distr | <u>ess</u>         | :<br>        |     | l    |     | l    |      |     |    |    |    |    |   |   | Ι | Ι | Ι |   |  |
| 2<br>1                        |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| 0                             |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
|                               | Patient sign or behaviour of distress:   |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| 3<br>2                        |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| 1<br>0                        |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
|                               | Patient sign or behaviour of distress:   |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| 3                             |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| 2<br>1                        |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| 0                             |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   | <u> </u>   |
| Patie 3                       | nt si  | gn o  | r be   | havi | <u>iour</u> | of c | distr | ess                | :<br>        | l   | I    | I   | ı    |      | l I | ı  |    | l  |    |   | 1 | I | ı | ı |   |  |
| 2                             |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| 1<br>0                        |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| Patie                         | nt si  | gn o  | r be   | havi | iour        | of c | distr | ess                | :            |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| 3<br>2                        |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| 1                             |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
|                               | Patient sign or behaviour of distress:   |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| 3                             | 51   | 911 0 | שנו וע | IIav | Jul         |      | ai3lí | <del>633</del>     |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| 2<br>1                        |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   | <del>                                     </del> |
| 0                             |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| Patie                         | nt si  | gn o  | r be   | havi | our         | of c | distr | ess                | :            |     | ı    | ı   | ı    |      | ı   |    |    |    |    |   |   | ı | ı | ı |   |  |
| 3<br>2                        |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| 1<br>0                        |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   | <del>                                     </del> |
| Patie                         | Patient sign or behaviour of distress:   |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| 3                             |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| 2<br>1                        |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| 0                             |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
| TOTA                          | L so   | ore   |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |
|                               |  |       |        |      |             |      |       |                    |              |     |      |     |      |      |     |    |    |    |    |   |   |   |   |   |   |  |

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| [v15] <b>DisDAT Monitor</b> |   |         |           |                               | I        | Pati   | ent:    |           |    |          |    |          |     |    |    |    | <u> </u> |    |   |   |   |   |   |   |   |
|-----------------------------|---|---------|-----------|-------------------------------|----------|--------|---------|-----------|----|----------|----|----------|-----|----|----|----|----------|----|---|---|---|---|---|---|---|
| Document<br>Mark dow        | 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 |         |           |                               |          |        |         |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
|                             |   |         |           |                               |          |        |         |           |    |          |    |          | тас |    |    |    |          |    |   |   |   |   |   |   |   |
| <b>DATE</b> Frequency       | 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 |
| Trequency                   | ✓ ✓ ✓ ✓ ✓   | ✓ ✓ ✓ ✓ | ✓<br>✓    | <ul><li>✓</li><li>✓</li></ul> | <b> </b> | ✓<br>✓ | \<br>\_ | <b>✓</b>  |    | <b>√</b> |    | <b>√</b> |     |    |    |    |          |    |   |   |   |   |   |   |   |
| How long?                   | 10  | 12      | 6         | 8                             | 5        | 5      | 2       | <1        | -  | 1        | -  | 1        | -   | -  | -  | -  | -        | -  | - | - | - | - | - | - | - |
| DATE                        |   |         |           |                               |          |        |         |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
| Patient si                  | an a  | or be   | ohav      | /iou                          | r of     | diet   | roce    |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
| Frequency                   | gir   |         |           | Viou                          |          | uisi   | 1 62    | <b>5.</b> |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
| How long?                   |   |         |           |                               |          |        |         |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
| Patient si                  | gn d  | or b    | ehav      | viou                          | r of     | dist   | tres    | s:        |    |          |    |          |     |    |    | ,  |          |    |   |   |   |   |   |   |   |
| Frequency                   |   |         |           |                               |          |        |         |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
| How long?                   |   |         |           |                               |          |        |         |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
| Patient si<br>Frequency     | gn d  | or b    | ehav      | viou                          | r of     | dist   | tres    | s:        |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
|                             |   |         |           |                               |          |        |         |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
| How long?                   |   |         |           |                               |          |        |         |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
| Patient si                  | gn d  | or b    | ehav      | viou                          | r of     | dist   | tres    | s:        |    |          |    |          |     |    | ı  | ı  | 1        |    | ī | 1 | 1 |   | 1 |   |   |
| Frequency                   |   |         |           |                               |          |        |         |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
| How long?                   |   |         |           |                               |          |        |         |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
| Patient si<br>Frequency     | gn d  | or b    | ehav<br>I | viou<br>                      | r of     | dist   | tres    | <b>s:</b> |    |          |    |          |     |    | I  | ı  | 1        |    | I | ı | 1 | ı | I |   |   |
| , ,                         |   |         |           |                               |          |        |         |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
| How long?                   |   |         |           |                               |          |        |         |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
| Patient si<br>Frequency     | gn d  | or be   | ehav<br>  | viou<br>                      | r of     | dist   | tres    | s:<br>    |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
|                             |   |         |           |                               |          |        |         |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
| How long?                   |   |         |           |                               |          |        |         |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
| TOTAL                       |   |         |           |                               |          |        |         |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
| Total frequency             |   |         |           |                               |          |        |         |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
| Total<br>time               |   |         |           |                               |          |        |         |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |
|                             |   |         |           |                               |          |        |         |           |    |          |    |          |     |    |    |    |          |    |   |   |   |   |   |   |   |

V3

## 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

| <b>D</b> .1 |      | Is Patient<br>Content/ | distress in       | ns of severity and duration of these columns | Action Taken | Outcome |  |  |
|-------------|------|------------------------|-------------------|--|--------------|---------|--|--|
| Date        | Time | Distressed             | Signs of Distress | Context of Distress                          |              |         |  |  |
|             |      |                        |                   |  |              |         |  |  |
|             |      |                        |                   |  |              |         |  |  |
|             |      |                        |                   |  |              |         |  |  |
|             |      |                        |                   |  |              |         |  |  |
|             |      |                        |                   |  |              |         |  |  |
|             |      |                        |                   |  |              |         |  |  |
|             |      |                        |                   |  |              |         |  |  |
|             |      |                        |                   |  |              |         |  |  |
|             |      |                        |                   |  |              |         |  |  |
|             |      |                        |                   |  |              |         |  |  |
|             |      |                        |                   |  |              |         |  |  |

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