

Your Symptoms Matter

What is your Symptom Assessment Screening Tool?

- It is an electronic form with questions for you to answer on the day of your scheduled appointment.
- It asks questions about how you are feeling on the day of your appointment.
- It is a quick and easy way to let your healthcare team know how you are doing.
- It allows your healthcare team to review your answers during your appointment, offer help and recommend the best care based on your symptoms, including referring you to other healthcare providers to help manage certain symptoms.
- Your answers will be kept in your electronic patient record and will allow the team to track any trends.

IMPORTANT: Please complete your Symptom Assessment Screening **only** ON THE DAY OF YOUR scheduled clinic appointment whether in-person or virtual:

- **At home** on a device using this link:

<https://isaac.ontariohealth.ca>



- On your **smartphone** by opening your camera and holding it over the QR code.



Scan QR Code



- At the **Juravinski Cancer Centre clinic** on a tablet available for you to use.



Your health care team will review your answers on the day of your scheduled visit. Only complete it between visits if asked by your team.

What will I be asked about?

Pain
Tiredness
Drowsiness
Sleep

Depression
Anxiety
Well-being
Constipation

Appetite
Nausea
Diarrhea
Shortness of Breath

What if I do not have any symptoms?

Even if you do not have symptoms, you should still fill out Your Symptoms Matter. This helps the team to understand if there are any changes in the way you are feeling.

Ways to Help You Manage Your Symptoms

To help you maintain your well-being and understand your symptoms and side effects, see the information available on the Cancer Care Ontario (CCO) website.

This information will let you know what you can do to manage your symptoms and side effects at home and when to call your doctor.

Managing Symptoms, Side Effects & Well-Being:

<https://www.cancercareontario.ca/en/symptom-management>



Print copies of the symptom management booklets are also available in the Juravinski Cancer Centre clinics and the Patient & Family Resource Centre (Level 1).

**If you experience a worrisome change in your symptoms
please call 905-387-9495 to discuss it with your doctor.**

We are here to help.