



INDICATOR: Physical Symptoms Management

Threshold: A raw score of 12 or above identifies the relationship of physical and emotional health.

Specific indicators:

- Daily activities.
- Relationships.
- Relationship with caregivers (level of regression).
- Communication (health care and social supports).
- Mood state.

Does the patient, as a result of physical symptoms, present with:

- pain?
- anger?
- irritability?
- confusion?
- depression?
- fatigue?
- decreased appetite?
- tension?
- reduced vigor?

Interventions:

- Collaborate with interdisciplinary team.
- Encourage expression of feelings and fears.
- Use cognitive-behavioral approaches, (e.g., relaxation, guided imagery, or focused-breathing techniques).
- Provide complimentary alternative medicine referrals.
- Provide supportive counseling to encourage expression of feelings and fears and to reduce underlying anxiety.
- Refer to Pain and Palliative Care Team.



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