

|              |     |     |        |
|--------------|-----|-----|--------|
| Patient name |     |     |        |
| MHN          | DOB | Age | Gender |

**PEACE Tool Distress Thermometer**

**History Record**

*The answers to the questions are intended to be quantified (scale 0 – 10) with the PEACE Tool Distress Thermometer.*

In the past week, how much have you been bothered by or suffered from:

|   | Date/Initials |  |  |  |  |
|---|---------------|--|--|--|--|
| 1. Pain   |               |  |  |  |  |
| 2. Appetite loss  |               |  |  |  |  |
| 3. Incontinence of bladder or bowel   |               |  |  |  |  |
| 4. Nausea, vomiting, constipation or other bowel problems   |               |  |  |  |  |
| 5. Breathing problems or cough  |               |  |  |  |  |
| 6. Ulcers, dryness or mouth sores   |               |  |  |  |  |
| 7. Lesser (diminishing) ability to carry out daily activities and functions (cleaning, showering, lifting, walking, etc.) |               |  |  |  |  |
| 8. Feeling weak or tired or having low energy   |               |  |  |  |  |
| 9. Feeling sleepy during day and/or not sleeping at night   |               |  |  |  |  |
| 10. Feeling anxious, nervous, uneasy, tense or frightened   |               |  |  |  |  |
| 11. Feeling sad, depressed, helpless or unable to enjoy things  |               |  |  |  |  |
| 12. Feeling confused, restless or agitated  |               |  |  |  |  |
| 13. Feeling NOT in control of your care and/or NOT being understood what you want   |               |  |  |  |  |
| 14. Feeling NOT prepared for, and/or fearing what is still ahead of you   |               |  |  |  |  |
| 15. Feeling more need for support than your family, friends or insurance can provide                                      |               |  |  |  |  |
| 16. Feeling abandoned or punished by God or NOT supported by your church/faith  |               |  |  |  |  |
| From the list above, which problem are you suffering the most   |               |  |  |  |  |
| From the list above, which problem are you suffering the second most  |               |  |  |  |  |
| Notes (Are there any <b>other</b> problems that have bothered you recently?) _____  |               |  |  |  |  |
| _____   |               |  |  |  |  |

PEACE = Physical; Emotive; Autonomy; Communication; Economic; and Transcendent domains.

|                 |          |                 |          |                 |          |
|-----------------|----------|-----------------|----------|-----------------|----------|
| Signature/Title | Initials | Signature/Title | Initials | Signature/Title | Initials |
| Signature/Title | Initials | Signature/Title | Initials | Signature/Title | Initials |