[v17] **DisDAT Monitor** **Patient:_____ Start month:_____ Year:_____**

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																									
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Patient sign or behaviour of distress:

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Patient sign or behaviour of distress:

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Patient sign or behaviour of distress:

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0																									

TOTAL score

[v15] **DisDAT Monitor** **Patient:_____ Start month:_____ Year:_____**

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																									

Patient sign or behaviour of distress:

Frequency																									
How long?																									

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Patient sign or behaviour of distress:

Frequency																									
How long?																									

TOTAL

Total frequency																									
Total time																									