[v18] DisDAT Monitor Patient:									Start month: Year:																	
Q 1 Is the sign/behaviour of distress presen Q 2 Is it moderately affecting on the day? Q 3 Is it dominating the day? Score based on PACA. (Ellershaw J) Patient sign or behaviour of distress: (E										If No, score 1; if Yes, go to next question If No, score 2; if Yes, score 3																
DATE	nt Sig 13	gn o i 14	15	16	our 17	01 0 18	listr 19	20	: (E. 21	XAN 22	1PLI 23	=): 24	grin 25	1 ace 26	27	28	29	30	30	1	2	3	4	5	6	7
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Context of distress signs and behaviours (write here any specific situations that caused distress)

[v16] DisDAT Monitor	Patient:	Start month:

Document the daily frequency of each distress sign or behaviour with a \checkmark Mark down the usual time each sign or behaviour lasts in minutes

Patient si	ign (or b	ehav	viou	r of	dist	res	s: <i>(E</i>	EXA	MPL	.E):	gri	mac	es											
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	* * * * * *	* * * * * *	* *	* * * *	~	* *	~	~		~		~													
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Patient sign or behaviour of distress:																									
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Total time																									

Context of distress signs and behaviours (write here any specific situations that caused distress)

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

Data	Time	Is Patient Content/	Please record observation distress in	ns of severity and duration of these columns	Action Taken	Outcome
Date	Time	Distressed	Signs of Distress	Context of Distress		