

**SENS - Assessment overview for professionals**

Name:

Date:

Expectations of treatment/care	
<b>Symptoms / effects of the disease</b>	
Current performance status	Karnofsky: ECOG:
<b>Physical symptoms: 'What currently worries you the most?'</b>	
<ul style="list-style-type: none"> <li>• Exhaustion/ Fatigue</li> <li>• Shortness of breath</li> <li>• Pain</li> <li>• Appetite, diet/weight</li> <li>• Nausea</li> <li>• Stool / urine</li> <li>• Edema</li> <li>• Skin symptoms / mucous membranes incl. dry mouth</li> <li>• Neurological symptoms incl. spasms</li> <li>• Other:</li> </ul>	<i>Problem description &amp; helpful/ medications</i>
<b>Psychological symptoms/ stressors</b>	
<ul style="list-style-type: none"> <li>• Cognition/ confusion/ hallucinations</li> <li>• Depression/ Demoralization</li> <li>• Stress/ Anxiety</li> <li>• Sleep disorder</li> <li>• Other:</li> </ul>	
<b>Social stressors/social impact of the disease.</b>	
<ul style="list-style-type: none"> <li>• Profession/ previous activity</li> <li>• Relationships (partnership/ family) incl. intimacy/ sexuality</li> <li>• Finance</li> </ul>	
Most important personal resources/ sources of energy	<i>E.g. family, hobbies, pets, spirituality</i>
<b>Decision making and expectations</b>	
<b>Personal history: 'what do we need to know about you to treat you well?'</b>	
<ul style="list-style-type: none"> <li>- Previous life contents (family, job), values, quality of life</li> </ul> <p><u>Spiritual / cultural needs</u></p> <ul style="list-style-type: none"> <li>- Belonging to faith or spiritual community</li> <li>- Dealing with questions of meaning</li> </ul>	

<b>Planning/ expectations/ patient goals: 'What should/ can be achieved?'</b>	
Main goals and wishes: 'What do you want to achieve through the upcoming treatment?' Realistic? Measurable?	
- Current judgment - Most important confidant for medical decisions a) Relative/ representative b) Specialist c) Who has the lead? Main contact person?	
<u>Medical &amp; nursing decisions</u> - Current medical situation/ planned therapies - Existing policy decisions (CPR, intubation, intensive care, AB, transfusions, hospital admissions, emergency plan), current capacity to judge, proxy.	
<u>Individual planning for dying and death:</u> - "Unfinished Business" - Desired rituals - desired place of death - Wishes regarding funeral	
<b>Network organization</b>	
<u>Living conditions</u> - Current housing situation, alternatives considered - Resources - Occupation/ AUF/ IV applied for	
<u>Private network</u> - Family, friends, neighbors - Availability 24/7?	
<u>Professional network &amp; availability</u> - HÄ (home visits?), Spitex, mobile palliative service, volunteers - Emergency button - Rescue chain? - Psychological support / pastoral care...	
<b>Support for relatives/caregivers</b>	
<u>Resilience and Relief options for relatives/friends (available or necessary):</u> - Care support - General care (e.g. night watch) - Psychological support <u>Financial stressors for family members</u>	<i>Important: record what is bothering the patient!</i>