



## What you need to know about *Your Symptoms Matter - General Symptoms +*

*Your Symptoms Matter - General Symptoms +* is a set of questions, also called a “screening tool”, that asks how your cancer symptoms are making you feel. It takes less than 5 minutes to complete. Your healthcare team can see your responses. This helps them better understand and manage the symptoms that are most important to you.

*Your Symptoms Matter - General Symptoms +* is only one way to tell your healthcare team about your symptoms. If your symptoms are bothering you, speak to your healthcare team at any time.

*Your Symptoms Matter - General Symptoms +* is available in [multiple languages](#). If you would like to complete the screening tool in a different language, let your healthcare team know.

### Questions on *Your Symptoms Matter - General Symptoms +* screening tool

You will be asked about some common cancer symptoms. For each symptom, you can select a score from 0–10. A score of 0 means that you do not have the symptom. A score of 10 means that the symptom is at its worst.

The symptoms are:

- Pain
- Tiredness
- Drowsiness
- Nausea
- Lack of Appetite
- Shortness of Breath
- Depression
- Anxiety
- Well-being
- Sleep
- Diarrhea
- Constipation

Here is an example of a question:

Ontario Health | Your Symptoms Matter - General Symptoms +

Progress: 13%

[Start Over](#)

**Your Symptoms Matter - General Symptoms +**

**Pain**

Please select the number that best describes how you feel NOW.

No Pain

0  1  2  3  4  5  6  7  8  9  10  Worst Possible Pain

This question asks you to rate your pain today from a scale of 0 to 10. A score of 0 means you do not have any pain today. A score of 10 means that your pain is at its very worst.

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## Filling out *Your Symptoms Matter - General Symptoms +* gives your healthcare team important information about your symptoms

Your healthcare team needs to know how your symptoms are impacting your overall wellness so that they can help you manage them.

Your answers to the *Your Symptoms Matter - General Symptoms +* questions can help to:

- Start a conversation with your healthcare team about your symptoms
- Check if you have symptoms that need support
- Create a plan with your healthcare team to manage your symptoms
- Track the changes in your symptoms over time

If you do not have any symptoms during your appointment, you should still fill out *Your Symptoms Matter - General Symptoms +*. It is helpful for you and your healthcare team to track your symptoms over time.

### There are different ways to fill out *Your Symptoms Matter – General Symptoms +*

- You can fill out *Your Symptoms Matter - General Symptoms +* at your cancer care appointment. You can use a kiosk, computer, tablet, or paper form to answer the questions.
- You can also fill out *Your Symptoms Matter - General Symptoms +* shortly before your (phone, video call or in-person) cancer care appointment. You can use your own device (like a cell phone, computer, tablet) by going to this link: <https://isaac.ontariohealth.ca/>
- It is best to fill out *Your Symptoms Matter - General Symptoms +* questions yourself. If you need help filling out *Your Symptoms Matter - General Symptoms +*, a family member, friend, clinic staff member or volunteer can help you answer the questions.

### How to get a copy of your answers

Once you have finished filling out *Your Symptoms Matter - General Symptoms +*, a report will be created from your answers.

- If you completed *Your Symptoms Matter - General Symptoms +* using a kiosk or tablet at your cancer centre, ask your healthcare team or a volunteer if it is available to print
- If you completed *Your Symptoms Matter - General Symptoms +* using your own device, you can download (keep) your responses to your device

### Your responses are stored securely

Ontario Health collects the responses from *Your Symptoms Matter - General Symptoms +* and removes all personal health information (like your name and health card number) to protect your privacy.

- Your responses are combined with other people's responses to help Ontario Health understand how to best support different groups of patients with their cancer symptoms
- Your information is kept private and will only be seen by a small group of Ontario Health staff for the purpose of program planning

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Your healthcare team will also keep your responses as part of your health records. If you have questions about *Your Symptoms Matter - General Symptoms +*, ask a clinic staff member or volunteer to learn more.

## **Additional Information**

### **Patient Symptom Management Guides**

There are many resources to help you learn more about your cancer symptoms and how you can manage them. Symptom Management Guides are developed by Ontario Health and can be found here:

<https://www.cancercareontario.ca/en/symptom-management> .

### **What is Ontario Health?**

Ontario Health is a provincial government agency that works to connect and coordinate the healthcare system to help ensure that people in Ontario receive the best possible care.