

- 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	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

**Patient sign or behaviour of distress:**

3																										
2																										
1																										
0																										

**Patient sign or behaviour of distress:**

3																										
2																										
1																										
0																										

**Patient sign or behaviour of distress:**

3																										
2																										
1																										
0																										

**Patient sign or behaviour of distress:**

3																										
2																										
1																										
0																										

**Patient sign or behaviour of distress:**

3																										
2																										
1																										
0																										

**Patient sign or behaviour of distress:**

3																										
2																										
1																										
0																										

**Patient sign or behaviour of distress:**

3																										
2																										
1																										
0																										

**Patient sign or behaviour of distress:**

3																										
2																										
1																										
0																										

**TOTAL score**

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

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?																									

**Patient sign or behaviour of distress:**

Frequency																									
How long?																									

**Patient sign or behaviour of distress:**

Frequency																									
How long?																									

**Patient sign or behaviour of distress:**

Frequency																									
How long?																									

**Patient sign or behaviour of distress:**

Frequency																									
How long?																									

**Patient sign or behaviour of distress:**

Frequency																									
How long?																									

**TOTAL**

Total frequency																									
Total time																									

