Cancer Fatigue Health Checklist

Name	Patient ID	Date

Please fill in the checklist and bring it to your next appointment.

Health professional: refer to *Cancer Fatigue QRS Assessment Guide* on Peter Mac Intranet

		Yes	No	Add notes here
SYMPTOMS	Were you tired before your cancer diagnosis?			
	Have you been feeling down recently?			
	Have you ever been diagnosed with depression? When?			
	Do you have trouble sleeping at night?			
	Do you sleep during the day?			
	Do you have sleep apnoea?			
	Do you have any pain?			
	Do you feel worried a lot of the time?			
NUTRITION	Have you lost more than 5 kg weight in the past 6 months?			
	Are you overweight or underweight?			
	Are you eating enough to maintain your weight?			
ACTIVITY	Do you get out of breath easily, such as when sorting washing or talking?			
	Do you get out of breath having a shower?			
	Can you get up from the floor without puffing?			
	Are you fully active, able to do all your usual things without restriction?			
	Are you exercising as much as previously?			
	Do you walk at a moderate pace for 30 minutes each day?			
HEALTH	Are you taking any medications that can cause drowsiness or fatigue? E.g. prescribed or recreational			
	Do you take 10 or more medications a day?			
	Do you have any long term health problems?			

Long term health problems other than cancer			
Do you have or have you had…	Yes	No	Details (more space below)
• A heart condition?			
• Problems with hormone or thyroid levels?			
• Any lung disease?			
• Kidney or liver disease?			
• Any condition that affects the way your body processes the foods you eat? ○ *For example, food allergies or intolerance, diabetes, Crohn's disease, slow or fast metabolism.*			
• A stroke, multiple sclerosis, Parkinson's Disease or rheumatoid arthritis?			
• Any other condition that could cause tiredness?			

What next?

- Please discuss your health checklist with your health professional
- If you ticked 'yes' for any of the questions on this page, please visit your GP and check if any long term condition needs to be reviewed
- Please also let your cancer care team know

VICTORIAN CANCER AGENCY VICTORIA State Government

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