



Tools and resources on suffering for use in clinical practice, education and training

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[Psycho-Existential Symptom Assessment Scale \(PeSAS\) \(182kb pdf\)](#)

Screen patients for distress using this tool by University of Notredame

Download this guide

[Distress management \(206kb pdf\)](#)

Assess for distress with the Distress Thermometer and Problem List by National Comprehensive Cancer Network (US)

Implement this tool

[FICA Spiritual Assessment Tool](#)

Gather information about a person's spiritual history and preferences to identify signs of spiritual distress. Copyright by C. Puchalski and George Washington University (US)

Read this resource

[Speaking of suffering: Towards a conversation about death and dying \(2.53MB pdf\)](#)

Explore types of suffering at end of life and their sources in this report from Australian Catholic University

Optimise your learning

[The dying person and intractable suffering](#)

Review this guide by National Cancer Institute (US) on care of the suffering patient in last days/hours

Access this tool

[Checklist: Caring for a patient's mental state \(268kb pdf\)](#)

Do a quick check of your patient's mental state with this short tool by End-of-Life Essentials