

Resource Guide for Distress Thermometer Screening

If a patient identifies a barrier on the left column, consider using a resource in the right column.

Childcare	<ul style="list-style-type: none"> • Family/Friends Resources • Social Services
Housing	<ul style="list-style-type: none"> • Shelters • Financial grants – see Finances below • Low-income/Section 8 Housing • Halfway/Transitional Houses
Finances	<ul style="list-style-type: none"> • Lee’s Friends, American Cancer Society, Cancer Care Foundation of the Tidewater, Sentara Mission Funds, The Pink Fund, Beyond Boobs, The Pink Daisy Project, Cancer Care (NY), Patient Advocate Foundation, Healthwell Foundation, Local churches • Sentara Charity Care • Social Services &/or Social Security Disability
Transport	<ul style="list-style-type: none"> • Lee’s Friends • American Cancer Society’s Road to Recovery • Senior Services of Southeastern VA (I-Ride) • Handi-Ride (HRT) • Logistacare (Medicaid pts only) • MTI (some insurances cover if ambulance transport is needed)
Work/School	<ul style="list-style-type: none"> • Short-term and/or long-term disability benefits
Dealing with children or partner	<ul style="list-style-type: none"> • Support groups • Individual, family, or couples therapy
Emotional Problems	<ul style="list-style-type: none"> • Support groups • Psychologist referral • Individual, family, or couples therapy • Local Churches
Spiritual/Religious Concern	<ul style="list-style-type: none"> • Chaplains • Local Churches
Communication Problems	<ul style="list-style-type: none"> • Lost Cord Club • Virginia Dept for the Deaf or Hard of Hearing • Translator lines
Appearance	<ul style="list-style-type: none"> • Support group • Individual Psychotherapy
Bathing/dressing	<ul style="list-style-type: none"> • Notify MD • Possible referral for Home Health Care, ALF, or SNF • Possible referral for outpt rehab program
Breathing	<ul style="list-style-type: none"> • Notify MD
Changes in urination	<ul style="list-style-type: none"> • Notify MD

Constipation/diarrhea	<ul style="list-style-type: none"> • Notify MD
Concentration/memory	<ul style="list-style-type: none"> • Notify MD
Eating	<ul style="list-style-type: none"> • Notify MD – suggest dietician referral
Fatigue	<ul style="list-style-type: none"> • Notify MD
Feeling swollen/bloated	<ul style="list-style-type: none"> • Notify MD
Fever/hot flashes	<ul style="list-style-type: none"> • Notify MD
Getting around	<ul style="list-style-type: none"> • Notify MD • Possible referral for Home Health Care, ALF, or SNF • Possible referral for outpt rehab program
Indigestion	<ul style="list-style-type: none"> • Notify MD
Mouth sores	<ul style="list-style-type: none"> • Notify MD
Nausea and/or vomiting	<ul style="list-style-type: none"> • Notify MD
Nose dry/congested	<ul style="list-style-type: none"> • Notify MD
Pain	<ul style="list-style-type: none"> • Notify MD
Sexual	<ul style="list-style-type: none"> • Individual or couples therapy • Support group
Skin dry/itchy	<ul style="list-style-type: none"> • Notify MD
Sleep	<ul style="list-style-type: none"> • Notify MD
Tingling in hands/feet	<ul style="list-style-type: none"> • Notify MD
Metallic taste in mouth	<ul style="list-style-type: none"> • Notify MD
Weight loss	<ul style="list-style-type: none"> • Notify MD – suggest dietician referral
Substance abuse	<ul style="list-style-type: none"> • Notify MD • Support groups • Possible outpt Behavioral Health referral