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Block and General Anesthesia for Operative Treatment of  
Breast Cancer

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FOREWORD

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N/A In conducting research using animals, the investigator(s) adhered to the "Guide for the Care and Use of Laboratory Animals," prepared by the Committee on Care and use of Laboratory Animals of the Institute of Laboratory Resources, national Research Council (NIH Publication No. 86-23, Revised 1985).

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*Chim Well*

*5/1/00*

PI - Signature

Date

## TABLE OF CONTENTS

	PAGE
FRONT COVER	1
REPORT DOCUMENTATION PAGE	2
FOREWORD	3
TABLE OF CONTENTS	4
INTRODUCTION	5
BODY	6
KEY RESEARCH ACCOMPLISHMENTS	8
REPORTABLE OUTCOMES	9
CONCLUSIONS	10
APPENDIX	11

## INTRODUCTION

General anesthesia is currently the standard anesthetic technique used for modified radical mastectomy, lumpectomy with axillary dissection, and other major operations performed for the treatment of breast cancer. While general anesthesia ensures tolerance of the operative procedure, it is associated with a high incidence of postoperative nausea and vomiting in patients undergoing breast surgery and it is not capable of providing pain relief following emergence. Treatment of pain with parenteral narcotics and supportive care of postoperative nausea prolong hospitalization and diminish quality of life following breast cancer surgery. Paravertebral block is a regional anesthetic technique used historically for the diagnosis and treatment of chronic somatic pain and for operative procedures for the chest and shoulder. The concept of using paravertebral block anesthesia for breast surgery was introduced at Duke University Medical Center in 1994 with the goals of providing safe and effective anesthesia, prolonged postoperative pain relief, reduced nausea and vomiting, and thus improved quality of life following surgical treatment of breast cancer. Retrospective review of a three-year experience with this technique has shown that these goals are being realized. The block provides effective anesthesia in 85% of cases and has a low complication rate of 2.6%. The technique provides sensory block that persists for an average of 23 hours, and therefore the patient experiences minimal surgical pain. Compared to general anesthesia, inpatient narcotic use in those undergoing paravertebral block is reduced from 98% to 25% while anti-emetic medication use is reduced from 39% to 20%. Patient satisfaction is high, hospital stays are shortened, and we now consider paravertebral block the anesthetic of choice for operative treatment of breast cancer. To test this hypothesis, we propose a prospective randomized clinical trial comparing general anesthesia and paravertebral block. The protocol for this trial will be designed such that all aspects of perioperative patient care other than the anesthetic used during surgery will be uniform. Narcotic, anti-emetic, and other medication use and responses to questionnaires will measure pain, nausea, mood, and other quality of life outcomes during the postoperative interval. Our goal is to definitively evaluate paravertebral block anesthesia in this application and to facilitate widespread use of a new technique that will markedly improve quality of life for most patients with breast cancer.

## BODY

Task 1 as outlined in our original approved Statement of Work is to establish proficiency on the part of participating anesthesiologist in performing the paravertebral block. In April of 1999, Dr. Victor Moreno from the Department of Anesthesiology at Mount Sinai Medical Center traveled to Duke University Medical Center to study the paravertebral block technique. Under the supervision of Dr. Roy Greengrass, Dr. Moreno attained preliminary proficiency sufficient to perform these blocks independently and to train other anesthesiologist at his institution. During the subsequent months, Dr. Moreno and colleagues performed ten paravertebral blocks at Mount Sinai Medical Center on patients undergoing either modified radical mastectomy or lumpectomy with axillary lymph node dissection for the surgical treatment of breast cancer. The efficacy rate of these blocks has been 70%; in three cases conversion to general anesthesia was required due to inadequate block at all levels. Dr. Moreno and his colleagues were in communication with Dr. Greengrass to understand the problems they were having with achieving adequate block at all levels, and this has resulted in an improved understanding of the performance in this technique. No complications have been encountered in performing these preliminary blocks, including pneumothorax, infection, intravascular injection of local anesthetic, or epidural spread. Unfortunately, in January 2000, Dr. Moreno departed the faculty of Mount Sinai Medical Center Department of Anesthesiology. This has led to a delay in scheduled progress according to the original Statement of Work. One of Dr. Moreno's colleagues, Dr. Janet Pittman from the Department of Anesthesiology at Mount Sinai Medical Center has taken Dr. Moreno's place in leading this study protocol at our center from the anesthesia prospective. Dr. Pittman has also studied the paravertebral technique under Dr. Greengrass' supervision at Duke University. She will now be employing this technique at Mount Sinai to establish both safety and efficacy; and she will be training two colleagues in the performance of this technique under her supervision. Because of this change in personnel, we anticipate that Task 2 as outlined in the original Statement of Work will commence in August of 2000. Accordingly we are requesting from the U.S. Army Grant Administrator a one-year extension to the schedule of this trial.

In addition to the departure of Dr. Moreno, there has also been a significant departure of participating personnel within the surgical faculty at Mount Sinai, and this has reduced the anticipated number of patients that will be able to be recruited into the trial at this center. We have therefore extended the clinical trial to include a third participating center, the Medical University at South Carolina (MUSC). Headed by Dr. Mia Templeton of the Department of Anesthesiology, faculty at MUSC are being trained by Dr. Greengrass to perform this technique. The experience at this center is incipient, and to date we do not have safety or efficacy data to report. We anticipate that MUSC will be able to initiate Task 3 of the Statement of Work in August 2000. The anesthesia team at Duke University Medical Center does have extensive experience in the placement of paravertebral blocks. In addition to training personnel at the other medical centers,

they are prepared for the initiation from Task 3 of this trial. Again we anticipate the commencement of that phase in August of 2000.

Task 2 of our original Statement of Work centers on the preparation of study materials and the training of study personnel to execute the randomized clinical trial. In 1999, a clinical research group with expertise in biobehavioral medicine related to the treatment of cancer joined the faculty at the Ruttenberg Cancer Center at Mount Sinai, headed by Dr. Dana Bovbjerg. This group, particularly Dr. Guy Montgomery, has worked closely with the principal investigator of this trial to modify and streamline the series of study questionnaires which will be used to assess postoperative pain, nausea and vomiting, mood and functional status, and quality of life in patients entering this study protocol. The changes which have been made employ validated study questionnaires which address these issues and yet are not excessively cumbersome for patients to answer during the seven day postoperative interval. These study questionnaires do deviate from the initial questionnaires included in our grant proposal, and they are attached to this document. They will be employed according to the schedule outlines in the appendix to this report.

Task 3 of the original Statement of Work involves recruitment and randomization of subjects into the study protocol; execution of the study protocol; and completion of study questionnaires. No significant changes have been made to this core portion of our trial period. As mentioned above, we will have three participating medical centers. We have the same goal of recruiting two hundred patients between these study centers. The randomization process, performance of the surgery using either general anesthesia or the paravertebral block, and collection of postoperative surgical and anesthesia related data remains unchanged relative to our initial Statement of Work. As described above, the specific study questionnaires that patients will be asked to complete during the postoperative interval have been modified.

The final Task 4 of the Statement of Work, which involves data analysis and preparation of reports, remains unchanged relative to our initial proposal. Statistical analysis will be performed at the Ruttenberg Cancer Center at Mount Sinai.

## **KEY RESEARCH ACCOMPLISHMENTS**

There is no data to report at this time. Key research accomplishments will be included in the final report.

## **REPORTABLE OUTCOMES**

There is no data to report at this time. Reportable outcomes will be included in the final report.

## CONCLUSIONS

At this time there are no study conclusions to report. These will be included with our final report.

## APPENDIX

Included in this section are the new study questionnaires that will be used to measure postoperative pain, nausea and vomiting, mood and functional status, and quality of life for this study protocol.

The format of the patient questionnaire was revised pursuant to consultation with Dr. Guy Montgomery, an Assistant Professor and specialist in behavioral medicine with the Mount Sinai Rutenberg Cancer Center. The revised format contains five sections.

Section one will be completed by the patient one week prior to surgery. This section records patient demographic data and medical history, and provides a baseline evaluation of mood, functional status, quality of life, and daily pain. Mood, functional status, and quality of life will be measured using a modified Profile of Mood States (POMS), and the Functional Assessment of Cancer Therapy – Breast (FACIT-B). Pain assessment will be made using a modified form of the Brief Pain Inventory (BPI) and a Visual Analog Scale (VAS).

Section two will be completed immediately prior to surgery. This section will include the POMS and a VAS for measurement of mood and emotional upset, and will be completed by the patient with help from a clinical nurse.

Section three will be completed immediately following surgery. This section will include a modified version of the Memorial Symptom Distress Assessment (MSDA), a VAS to measure pain and nausea, and the BPI. Section three will likewise be completed with help from a clinical nurse.

Section four is a daily questionnaire that will commence 24 hours postoperatively and continue for six days. This section will be completed either in the recovery room or by telephone once the patient has returned home. The daily questionnaire will include a record of patient postoperative narcotic usage, as well as the BPI, MSDA, and a VAS for the assessment of pain and nausea.

Section five will be completed on postoperative day number seven. This section will include final VAS, BPI, MSDA, POMS, and FACIT forms, as well as a Mount Sinai Medical Center Patient Satisfaction questionnaire.

**PVB Study  
Take Home  
Questionnaire Packet**

**ID #** \_\_\_\_\_

**Date** \_\_\_/\_\_\_/\_\_\_

**PERSONAL DATA**

1. Today's date:        \_\_\_ \_\_\_ / \_\_\_ \_\_\_ / \_\_\_ \_\_\_ (m/d/y)
2. Birth date:        \_\_\_ \_\_\_ / \_\_\_ \_\_\_ / \_\_\_ \_\_\_ (m/d/y)
3. Height:        \_\_\_\_\_ (ft)    \_\_\_\_\_ (in)
4. Weight:        \_\_\_\_\_ (pounds)
5. Ethnic group (circle one number):
  - 1 White (non-Hispanic)
  - 2 White (Hispanic)
  - 3 Black (non-Hispanic)
  - 4 Black (Hispanic)
  - 5 Asian/Indian
  - 6 Asian or Pacific Islander
  - 7 Native American
  - 8 Other \_\_\_\_\_
  - 9 Unknown
6. Marital status (circle one number):
  - 1 Never married
  - 2 Currently married
  - 3 Separated
  - 4 Divorced
  - 5 Widowed
7. Who lives with you? (circle all that apply):
  - 1 No one
  - 2 Spouse or partner
  - 3 Roommate(s) (not a partner)
  - 4 Parent(s)
  - 5 Children
  - 6 Other relatives
  - 7 Other \_\_\_\_\_
8. How long have you lived with the people you live with now? (circle one number):
  - 1 Less than 1 month
  - 2 One to 6 months
  - 3 Seven months to 2 years
  - 4 Two to 5 years
  - 5 More than 5 years
9. Level of school completed? (circle one number):
  - 1 Less than 7th grade
  - 2 Junior High school (9th grade)
  - 3 Partial high school (10th or 11th grade)
  - 4 High school graduate
  - 5 Partial college or specialized training
  - 6 Standard college or university graduate
  - 7 Graduate professional training (graduate degree)



Circle either "YES" or "NO"

15. Do you see a religious counselor on a regular basis? (circle one) YES NO  
If yes, how many times in the last month? \_\_\_\_\_
16. Do you see a professional counselor or therapist on a regular basis? (circle one) YES NO  
If yes, how many times in the last month? \_\_\_\_\_
17. Do you participate in any support or therapy group? (circle one) YES NO  
If yes, how many times in the last month? \_\_\_\_\_
18. Were you practicing relaxation, meditation, or yoga before starting this study?(circle one) YES NO
19. Do you keep a diary? (circle one) YES NO
20. In general, how is your health compared to other people your age? (circle one)  
EXCELLENT VERY GOOD GOOD FAIR POOR
21. Which hand do you use to write with? (circle one) LEFT RIGHT
22. Do you consider yourself left or right handed? (circle one) LEFT RIGHT
23. Over the past several years how much sleep do you normally get each night?  
\_\_\_\_\_ hr \_\_\_\_\_ min
24. Over the past several years how much sleep per night have you needed to feel at your best?  
\_\_\_\_\_ hr \_\_\_\_\_ min
25. Do you have a dog or a cat as a pet? (circle one) YES NO
26. What religion do you consider yourself a member of (please write in answer, write "none" if appropriate)?  
\_\_\_\_\_
27. Where were you born? \_\_\_\_\_ (city, state, country)

**FAMILY HISTORY OF CANCER**

We are interested in knowing as much as possible about cancer in your biological relatives. On the following form, please indicate your relatives, what type of cancers they had, how old they were at the time of their diagnosis, as well as your age at that time. Please answer to the best of your knowledge. Approximate ages are useful if you cannot be exact, for example, "60's or 70's". Put "?" if you are not sure.

**NOTE:** Please list separately each cancer for each biological relative. (Please see examples in shaded areas).

First Cancer				Second Cancer			Outcome: Died from cancer? Yes (Y) No (N)	Were Both Breasts Affected?
Relative Code (see bottom)	Location or Type of Cancer	Their Age at Diagnosis	Your Age Then	Location or Type of Cancer	Their Age at Diagnosis	Your Age Then		
1	Breast	55	26	Ovarian	65	36	N	No
6	Colon	40	18				Y	

- 1 = your mother
- 2 = your sister
- 3 = your daughter
- 4 = mother's mother
- 5 = mother's father
- 6 = mother's sister
- 7 = mother's brother
- 8 = mother's first cousin
- 9 = other (on mother's side)
- 10 = your father
- 11 = your brother
- 12 = your son
- 13 = fathers' mother
- 14 = father's father
- 15 = father's sister
- 16 = father's brother
- 17 = father's first cousin
- 18 = other (on father's side)
- 19 = your cousin (mother's side)
- 20 = your cousin (father's side)

**Please note that this information is very important and will be kept confidential. Please also take your time completing this form.**

CHECK THIS BOX IF NO FAMILY HISTORY OF CANCER

**MEDICAL HISTORY**

1. How many times have you been seen by a doctor during the past year for any reason? (check best answer)  
 None     1 time     2-5 times     6-12 times     over 12 times
2. When was the last time you had a complete physical examination?  
 Within the last year     1-2 years ago     2-5 years ago     over 5 years ago
3. When was the last time you had a mammogram?  
 Within the last year     1-2 years ago     2-5 years ago     over 5 years ago  
 Never had one
4. During your lifetime, have you smoked at least 100 cigarettes (5 packs)?  
 Yes     No (Skip to Question 5)

**If you answered YES to Question 4,**

- a) At what age did you begin smoking regularly? \_\_\_\_\_ Age in years
- b) How many cigarettes do/did you regularly smoke each day? \_\_\_\_\_ Cigarettes
- c) Have you smoked in the past month?  
 Yes, approximately \_\_\_\_\_ cigarettes per day.  
 No, I quit approximately \_\_\_\_\_ years ago.

5. Have you consumed any alcoholic beverages in the past month?  
 Yes     No (Skip to Question 6)

**If you answered YES to Question 5,** which of the following best describes how many alcoholic beverages you consumed in the past month?

(Note: **Beer:** 1 can = 1 drink; **Wine:** 1 glass = 1 drink; **Hard Liquor:** 1 shot = 1 drink)

- |   |   |
|---|---|
| <input type="checkbox"/> 1 drink a month    | <input type="checkbox"/> 1 drink nearly every day |
| <input type="checkbox"/> 2-3 drinks a month | <input type="checkbox"/> 1 drink a day            |
| <input type="checkbox"/> 1-2 drinks a week  | <input type="checkbox"/> 2 drinks a day           |
| <input type="checkbox"/> 3-4 drinks a week  | <input type="checkbox"/> 3 or more drinks a day   |

**Circle either "YES" or "NO"**

6. To your knowledge, have you ever been exposed to asbestos, solvents, or other industrial chemicals? YES NO
7. Have you ever been disabled for more than 2 months? YES NO
8. Have you had surgery in the last 6 months? YES NO  
 If yes, when? Date(s): \_\_\_\_\_  
 For what? \_\_\_\_\_
9. Have you had a biopsy for any cancer? YES NO  
 If yes, when? Date(s): \_\_\_\_\_  
 For what? \_\_\_\_\_
10. Have you ever had a disease lasting longer than 2 months? YES NO  
 If yes, when? Date(s): \_\_\_\_\_  
 What? \_\_\_\_\_

11. Do you take any medication regularly?

Yes No

	Drug	Dose	How Often?	Since
(EXAMPLE)	Tylenol	2 capsules	twice daily	June, 1995
(Pain)	_____	_____	_____	_____
(Heart)	_____	_____	_____	_____
(Birth Control)	_____	_____	_____	_____
(Hormones)	_____	_____	_____	_____
(Other)	_____	_____	_____	_____
(Other)	_____	_____	_____	_____
(Other)	_____	_____	_____	_____
(Other)	_____	_____	_____	_____

13. Are you now having or have you ever had:

Chemotherapy	Yes	No
Radiation therapy	Yes	No
Cortisone	Yes	No

14. Do you consider yourself (circle):

Premenopausal (Continue to get periods)	Postmenopausal (Do not get periods)	Not sure
--	--	----------

15. Below are some situations which can cause some people to feel nauseated and/or to vomit. Please indicate if any of these situations have made you feel nauseated or caused you to vomit by checking one or both columns.

	Nausea has occurred with this item	Vomiting has occurred with this item
Pregnancy	_____	_____
Motion sickness	_____	_____
Drinking alcohol	_____	_____
Anxiety	_____	_____
Odors (perfume, shaving lotion, etc.)	_____	_____
Cigarette smoke	_____	_____
Taking pain medicine	_____	_____
Watching someone else vomit	_____	_____
Sight of blood	_____	_____
Food items (e.g., eggs)	_____	_____
Surgery	_____	_____
Other	_____	_____

## STAI-T

DIRECTIONS: A number of statements which people have used to describe themselves are given below. Read each statement and then circle the appropriate number to the right of the statement to indicate how you *generally* feel. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe how you generally feel.

	Almost Never	Sometimes	Often Always	Almost
21. I feel pleasant . . . . .	1	2	3	4
22. I feel nervous and restless . . . . .	1	2	3	4
23. I feel satisfied . . . . .	1	2	3	4
24. I wish I could be as happy as others seem to be . . . . .	1	2	3	4
25. I feel like a failure . . . . .	1	2	3	4
26. I feel rested . . . . .	1	2	3	4
27. I am, "calm, cool, and collected" . . . . .	1	2	3	4
28. I feel that difficulties are piling up so that I cannot overcome them . . . . .	1	2	3	4
29. I worry too much over something that really doesn't matter . . . . .	1	2	3	4
30. I am happy . . . . .	1	2	3	4
31. I have disturbing thoughts . . . . .	1	2	3	4
32. I lack self-confidence . . . . .	1	2	3	4
33. I feel secure . . . . .	1	2	3	4
34. I make decisions easily . . . . .	1	2	3	4
35. I feel inadequate . . . . .	1	2	3	4
36. I am content . . . . .	1	2	3	4
37. Some unimportant thought runs through my mind and bothers me . . . . .	1	2	3	4
38. I take disappointments so keenly that I can't put them out of my mind . . . . .	1	2	3	4
39. I am a steady person . . . . .	1	2	3	4
40. I get in a state of tension or turmoil as I think over my recent concerns and interests . . . . .	1	2	3	4

## Facit-F (Version 4)

By circling one (1) number per line, please indicate how true each statement  
has been for you during the past 7 days.

	<b>Emotional Well-Being</b>	<b>Not at all</b>	<b>A little bit</b>	<b>Some- what</b>	<b>Quite a bit</b>	<b>Very much</b>
1.	I feel sad	0	1	2	3	4
2.	I am satisfied with how I am coping with my illness	0	1	2	3	4
3.	I am losing hope in the fight against my illness	0	1	2	3	4
4.	I feel nervous	0	1	2	3	4
5.	I worry about dying	0	1	2	3	4
6.	I worry that my condition will get worse	0	1	2	3	4

	<b>Functional Well-Being</b>	<b>Not at all</b>	<b>A little bit</b>	<b>Some- what</b>	<b>Quite a bit</b>	<b>Very much</b>
1.	I am able to work (including at home)	0	1	2	3	4
2.	My work (include work at home) is fulfilling	0	1	2	3	4
3.	I am able to enjoy life	0	1	2	3	4
4.	I have accepted my illness	0	1	2	3	4
5.	I am sleeping well	0	1	2	3	4
6.	I am enjoying the things I usually do for fun	0	1	2	3	4
7.	I am content with the quality of my life right now	0	1	2	3	4

**Facit-F (Version 4)**

Below is a list of statements that other people with your illness have said are important. **By circling one (1) number per line, please indicate how true each statement has been for you during the past 7 days.**

	<b><u>Physical Well-Being</u></b>	<b>Not at all</b>	<b>A little bit</b>	<b>Some-what</b>	<b>Quite a bit</b>	<b>Very much</b>
1.	I have a lack of energy	0	1	2	3	4
2.	I have nausea	0	1	2	3	4
3.	Because of my physical condition, I have trouble meeting the needs of my family	0	1	2	3	4
4.	I have pain	0	1	2	3	4
5.	I am bothered by side effects of treatment	0	1	2	3	4
6.	I feel ill	0	1	2	3	4
7.	I am forced to spend time in bed	0	1	2	3	4

	<b><u>Social/Family Well-Being</u></b>	<b>Not at all</b>	<b>A little bit</b>	<b>Some-what</b>	<b>Quite a bit</b>	<b>Very much</b>
1.	I feel close to my friends	0	1	2	3	4
2.	I get emotional support from my family	0	1	2	3	4
3.	I get support from my friends	0	1	2	3	4
4.	My family has accepted my illness	0	1	2	3	4
5.	I am satisfied with family communication about my illness	0	1	2	3	4
6.	I feel close to my partner (or the person who is my main support)	0	1	2	3	4
	<i>Regardless of your current level of sexual activity, please answer the following question. If you prefer not to answer it, please check this box <input type="checkbox"/> and go to the next section</i>	0	1	2	3	4
7.	I am satisfied with my sex life	0	1	2	3	4

**Facit-F (Version 4)**

By circling one (1) number per line, please indicate how true each statement has been for you during the past 7 days.

	<b><u>Additional concerns</u></b>	<b>Not at all</b>	<b>A little bit</b>	<b>Some-what</b>	<b>Quite a bit</b>	<b>Very much</b>
1.	I have been short of breath	0	1	2	3	4
2.	I am self-conscious about the way I dress.	0	1	2	3	4
3.	One or more of my arms are swollen or tender.	0	1	2	3	4
4.	I feel sexually attractive.	0	1	2	3	4
5.	I am bothered by hair loss.	0	1	2	3	4
6.	I worry that other members of my family might someday get the same illness I have.	0	1	2	3	4
7.	I worry about the effect of stress on my illness.	0	1	2	3	4
8.	I am bothered by a change in weight.	0	1	2	3	4
9.	I am able to feel like a woman.	0	1	2	3	4

**POMS T/D- Short Version**

Below is a list of words that describe feelings people have. Please read each one carefully. Then CIRCLE ONE number which best describes **HOW YOU HAVE BEEN FEELING IN THE PAST WEEK.**

The numbers refer to these phrases:

- 0 = Not at all**
- 1 = A little**
- 2 = Moderately**
- 3 = Quite a bit**
- 4 = Extremely**

1 Tense	0 1 2 3 4	20 Annoyed	0 1 2 3 4
2 Angry	0 1 2 3 4	21 Discouraged	0 1 2 3 4
3 Worn out	0 1 2 3 4	22 Resentful	0 1 2 3 4
4 Unhappy	0 1 2 3 4	23 Nervous	0 1 2 3 4
5 Lively	0 1 2 3 4	24 Miserable	0 1 2 3 4
6 Confused	0 1 2 3 4	25 Cheerful	0 1 2 3 4
7 Peeved	0 1 2 3 4	26 Bitter	0 1 2 3 4
8 Sad	0 1 2 3 4	27 Exhausted	0 1 2 3 4
9 Active	0 1 2 3 4	28 Anxious	0 1 2 3 4
10 On edge	0 1 2 3 4	29 Helpless	0 1 2 3 4
11 Grouchy	0 1 2 3 4	30 Weary	0 1 2 3 4
12 Blue	0 1 2 3 4	31 Bewildered	0 1 2 3 4
13 Energetic	0 1 2 3 4	32 Furious	0 1 2 3 4
14 Hopeless	0 1 2 3 4	33 Full of pep	0 1 2 3 4
15 Uneasy	0 1 2 3 4	34 Worthless	0 1 2 3 4
16 Restless	0 1 2 3 4	35 Forgetful	0 1 2 3 4
17 Unable to concentrate	0 1 2 3 4	36 Vigorous	0 1 2 3 4
18 Fatigued	0 1 2 3 4	37 Uncertain about things	0 1 2 3 4
19 Bushed	0 1 2 3 4		

On your day of surgery, how emotionally upset do you think you will feel?

Please put a slash through this line to indicate how upset you expect to feel.

Not At \_\_\_\_\_ As Upset  
Upset \_\_\_\_\_ As I Could Be

After surgery, how emotionally upset do you think you will feel?

Please put a slash through this line to indicate how upset you expect to feel.

Not At \_\_\_\_\_ As Upset  
All Upset \_\_\_\_\_ As I Could Be

On your day of surgery, how much pain do you think you will feel?

Please put a slash through this line to indicate how much pain you expect to feel.

No Pain \_\_\_\_\_  
At All

As Much Pain  
As There Could Be

After surgery, how much pain do you think you will feel?

Please put a slash through this line to indicate how much pain you expect to feel.

No Pain  
At All

\_\_\_\_\_

As much pain as  
There Could Be

How emotionally upset do you feel right now?

Please put a slash through this line to indicate how upset you feel.

Not At All \_\_\_\_\_ As Upset  
Upset \_\_\_\_\_ As I Could Be

After surgery, how nauseated do you think you will feel?

Please put a slash through this line to indicate how nauseated you expect to feel.

Not At All \_\_\_\_\_ As Nauseated  
Nauseated \_\_\_\_\_ As I Could Be

**\*END of pre-session questionnaire\***

STUDY ID# \_\_\_\_\_

HOSPITAL # \_\_\_\_\_

DO NOT WRITE ABOVE THIS LINE

### Brief Pain Inventory (Short Form)

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Time: \_\_\_\_\_

Name: \_\_\_\_\_

Last

First

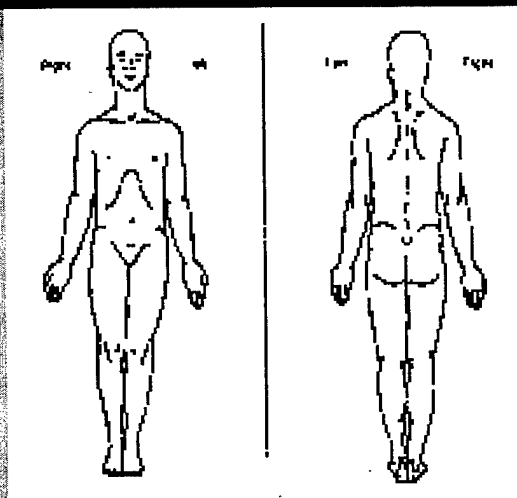
Middle Initial

1. Throughout our lives, most of us have had pain from time to time (such as minor headaches, sprains, and toothaches). Have you had pain other than these everyday kinds of pain today?

1. Yes

2. No

2. On the diagram, shade in the areas where you feel pain. Put an X on the area that hurts the most.



3. Please rate your pain by circling the one number that best describes your pain at its **worst** in the last 24 hours.

0	1	2	3	4	5	6	7	8	9	10
No Pain										Pain as bad as you can imagine

4. Please rate your pain by circling the one number that best describes your pain at its **least** in the last 24 hours.

0	1	2	3	4	5	6	7	8	9	10
No Pain										Pain as bad as you can imagine

5. Please rate your pain by circling the one number that best describes your pain on the **average**.

0	1	2	3	4	5	6	7	8	9	10
No Pain										Pain as bad as you can imagine

6. Please rate your pain by circling the one number that tells how much pain you have **right now**.

0	1	2	3	4	5	6	7	8	9	10
No Pain										Pain as bad as you can imagine

7. What treatments or medications are you receiving for your pain?

8. In the last 24 hours, how much relief have pain treatments or medications provided? Please circle the one percentage that most shows how much relief you have received.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%  
No Complete  
Relief Relief

9. Circle the one number that describes how, during the past 24 hours, pain has interfered with your:

**A. General Activity**

0 1 2 3 4 5 6 7 8 9 10  
Does not Completely  
Interfere Interferes

**B. Mood**

0 1 2 3 4 5 6 7 8 9 10  
Does not Completely  
Interfere Interferes

**C. Walking Ability**

0 1 2 3 4 5 6 7 8 9 10  
Does not Completely  
Interfere Interferes

**D. Normal Work (includes both work outside the home and housework)**

0 1 2 3 4 5 6 7 8 9 10  
Does not Completely  
Interfere Interferes

**E. Relations with other people**

0 1 2 3 4 5 6 7 8 9 10  
Does not Completely  
Interfere Interferes

**F. Sleep**

0 1 2 3 4 5 6 7 8 9 10  
Does not Completely  
Interfere Interferes

**G. Enjoyment of life**

0 1 2 3 4 5 6 7 8 9 10  
Does not Completely  
Interfere Interferes

## **Pre-Surgery Questionnaire Packet**

**ID#** \_\_\_\_\_

**Date** \_\_\_ / \_\_\_ / \_\_\_

**POMS T/D- Short Version**

Below is a list of words that describe feelings people have. Please read each one carefully. Then **CIRCLE ONE** number which best describes **HOW YOU HAVE BEEN FEELING IN THE PAST WEEK.**

The numbers refer to these phrases: **0 = Not at all**  
**1 = A little**  
**2 = Moderately**  
**3 = Quite a bit**  
**4 = Extremely**

1 Tense	0 1 2 3 4	20 Annoyed	0 1 2 3 4
2 Angry	0 1 2 3 4	21 Discouraged	0 1 2 3 4
3 Worn out	0 1 2 3 4	22 Resentful	0 1 2 3 4
4 Unhappy	0 1 2 3 4	23 Nervous	0 1 2 3 4
5 Lively	0 1 2 3 4	24 Miserable	0 1 2 3 4
6 Confused	0 1 2 3 4	25 Cheerful	0 1 2 3 4
7 Peeved	0 1 2 3 4	26 Bitter	0 1 2 3 4
8 Sad	0 1 2 3 4	27 Exhausted	0 1 2 3 4
9 Active	0 1 2 3 4	28 Anxious	0 1 2 3 4
10 On edge	0 1 2 3 4	29 Helpless	0 1 2 3 4
11 Grouchy	0 1 2 3 4	30 Weary	0 1 2 3 4
12 Blue	0 1 2 3 4	31 Bewildered	0 1 2 3 4
13 Energetic	0 1 2 3 4	32 Furious	0 1 2 3 4
14 Hopeless	0 1 2 3 4	33 Full of pep	0 1 2 3 4
15 Uneasy	0 1 2 3 4	34 Worthless	0 1 2 3 4
16 Restless	0 1 2 3 4	35 Forgetful	0 1 2 3 4
17 Unable to concentrate	0 1 2 3 4	36 Vigorous	0 1 2 3 4
18 Fatigued	0 1 2 3 4	37 Uncertain about things	0 1 2 3 4
19 Bushed	0 1 2 3 4		

On your day of surgery, how emotionally upset do you think you will feel?

Please put a slash through this line to indicate how upset you expect to feel.

Not At  
Upset



As Upset  
As I Could Be

After surgery, how emotionally upset do you think you will feel?

Please put a slash through this line to indicate how upset you expect to feel.

Not At \_\_\_\_\_ As Upset  
All Upset As I Could Be

On your day of surgery, how much pain do you think you will feel?

Please put a slash through this line to indicate how much pain you expect to feel.

No Pain  
At All



As much pain as  
There Could Be

After surgery, how much pain do you think you will feel?

Please put a slash through this line to indicate how much pain you expect to feel.

No Pain  
At All



As much pain as  
There Could Be

How emotionally upset do you feel right now?

Please put a slash through this line to indicate how upset you feel.

Not At All  
Upset



As Upset  
As I Could Be

After surgery, how nauseated do you think you will feel?

Please put a slash through this line to indicate how nauseated you expect to feel.

Not At All  
Nauseated

\_\_\_\_\_

As Nauseated  
As I Could Be

**\*END of pre-session questionnaire\***

# Post-Surgery Day Assessment

**ID#** \_\_\_\_\_

**Date** \_\_\_ / \_\_\_ / \_\_\_

## MEMORIAL SYMPTOM ASSESSMENT SCALE - Part 1

ID: \_\_\_\_\_

DATE: \_\_\_\_\_

INSTRUCTIONS: We have listed 24 symptoms below. Read each one carefully. If you have had the symptom since surgery, let us know how OFTEN you had it how SEVERE it was usually and how much it DISTRESSED OR BOTHERED you by circling the appropriate number. If you DID NOT HAVE the symptom, make an "X" in the box marked "DID NOT HAVE".

SINCE YOUR SURGERY Did you have any of the following symptoms?	DID NOT HAVE	IF YES, How OFTEN did you have it?				IF YES, How SEVERE was it usually?				IF YES, How much did it DISTRESS or BOTHER you?				
		Rarely	Occasionally	Frequently	Almost	Slight	Moderate	Severe	Very Severe	Not at all	A little bit	Somewhat	Quite a bit	Very much
Pain		1	2	3	4	1	2	3	4	0	1	2	3	4
Lack of energy		1	2	3	4	1	2	3	4	0	1	2	3	4
Feeling nervous		1	2	3	4	1	2	3	4	0	1	2	3	4
Nausea		1	2	3	4	1	2	3	4	0	1	2	3	4
Feeling drowsy		1	2	3	4	1	2	3	4	0	1	2	3	4
Vomiting		1	2	3	4	1	2	3	4	0	1	2	3	4
Problems with urination		1	2	3	4	1	2	3	4	0	1	2	3	4
Appetite		1	2	3	4	1	2	3	4	0	1	2	3	4
Diarrhea		1	2	3	4	1	2	3	4	0	1	2	3	4
Sad		1	2	3	4	1	2	3	4	0	1	2	3	4



# Daily Questionnaire

**ID#** \_\_\_\_\_

**Date** \_\_\_ / \_\_\_ / \_\_\_

### Phone Sheet

Today's Date: \_\_\_\_\_

ID: \_\_\_\_\_

Please complete a new sheet each day just before you go to bed.

1. Medications: Please indicate the Name of Medication, Time you took it, and Reason for taking it.

Medication Name	Amount (e.g. number of pills size of pills)	Time Taken	Reason for Taking

2. Please rate your pain by circling the one number that tells how much pain you have right now.

0      1      2      3      4      5      6      7      8      9      10

No Pain
Pain as intense as you can imagine

3. Please rate your nausea by circling the one number that tells how much nausea you have right now.

0      1      2      3      4      5      6      7      8      9      10

No Nausea
Nausea as bad as you can imagine

4. Please rate how unpleasant your pain is by circling the one number that tells how unpleasant your pain is right now.

0      1      2      3      4      5      6      7      8      9      10

Not at all Unpleasant
As Unpleasant as you can imagine

## MEMORIAL SYMPTOM ASSESSMENT SCALE - Part 1

ID: \_\_\_\_\_

DATE: \_\_\_\_\_

INSTRUCTIONS: We have listed 24 symptoms below. Read each one carefully. If you have had the symptom since surgery, let us know how OFTEN you had it how SEVERE it was usually and how much it DISTRESSED OR BOTHERED you by circling the appropriate number. If you DID NOT HAVE the symptom, make an "X" in the box marked "DID NOT HAVE".

SINCE YOUR SURGERY Did you have any of the following symptoms?	DID NOT HAVE	IF YES, How OFTEN did you have it?				IF YES, How SEVERE was it usually?				IF YES, How much did it DISTRESS or BOTHER you?				
		Rarely	Occasionally	Frequently	Almost	Slight	Moderate	Severe	Very Severe	Not at all	A little bit	Somewhat	Quite a bit	Very much
Pain		1	2	3	4	1	2	3	4	0	1	2	3	4
Lack of energy		1	2	3	4	1	2	3	4	0	1	2	3	4
Feeling nervous		1	2	3	4	1	2	3	4	0	1	2	3	4
Nausea		1	2	3	4	1	2	3	4	0	1	2	3	4
Feeling drowsy		1	2	3	4	1	2	3	4	0	1	2	3	4
Vomiting		1	2	3	4	1	2	3	4	0	1	2	3	4
Problems with urination		1	2	3	4	1	2	3	4	0	1	2	3	4
Appetite		1	2	3	4	1	2	3	4	0	1	2	3	4
Diarrhea		1	2	3	4	1	2	3	4	0	1	2	3	4
Sad		1	2	3	4	1	2	3	4	0	1	2	3	4





**POST SURGERY PACKET**

**1- WEEK**

**ID#** \_\_\_\_\_

**Date** \_\_\_ / \_\_\_ / \_\_\_

## MEMORIAL SYMPTOM ASSESSMENT SCALE - Part 1

ID:

DATE:

INSTRUCTIONS: We have listed 24 symptoms below. Read each one carefully. If you have had the symptom since surgery, let us know how OFTEN you had it how SEVERE it was usually and how much it DISTRESSED OR BOTHERED you by circling the appropriate number. If you DID NOT HAVE the symptom, make an "X" in the box marked "DID NOT HAVE".

SINCE YOUR SURGERY Did you have any of the following symptoms?	DID NOT HAVE	IF YES, How OFTEN did you have it?				IF YES, How SEVERE was it usually?				IF YES, How much did it DISTRESS or BOTHER you?				
		Rarely	Occasionally	Frequently	Almost	Slight	Moderate	Severe	Very Severe	Not at all	A little bit	Somewhat	Quite a bit	Very much
Difficulty concentrating		1	2	3	4	1	2	3	4	0	1	2	3	4
Pain		1	2	3	4	1	2	3	4	0	1	2	3	4
Lack of energy		1	2	3	4	1	2	3	4	0	1	2	3	4
Cough		1	2	3	4	1	2	3	4	0	1	2	3	4
Feeling nervous		1	2	3	4	1	2	3	4	0	1	2	3	4
Dry mouth		1	2	3	4	1	2	3	4	0	1	2	3	4
Nausea		1	2	3	4	1	2	3	4	0	1	2	3	4
Feeling drowsy		1	2	3	4	1	2	3	4	0	1	2	3	4
Numbness/tingling in hands/feet		1	2	3	4	1	2	3	4	0	1	2	3	4
Difficulty sleeping		1	2	3	4	1	2	3	4	0	1	2	3	4
Vomiting		1	2	3	4	1	2	3	4	0	1	2	3	4
Problems with urination		1	2	3	4	1	2	3	4	0	1	2	3	4
Appetite		1	2	3	4	1	2	3	4	0	1	2	3	4
Diarrhea		1	2	3	4	1	2	3	4	0	1	2	3	4
Sad		1	2	3	4	1	2	3	4	0	1	2	3	4
Worrying		1	2	3	4	1	2	3	4	0	1	2	3	4
Dizziness		1	2	3	4	1	2	3	4	0	1	2	3	4

Today's Date: \_\_\_\_\_ Time: \_\_\_\_\_ ID: \_\_\_\_\_

Please complete this form to indicate the medications that you have taken since your surgery.

1. Medications: Please indicate the Name of Medication, Time you took it, and Reason for taking it.

Medication Name	Amount (e.g. number of pills size of pills)	Date & Time Taken	Reason for Taking

1. Please rate your pain by circling the one number that tells how much pain you have right now.

0      1      2      3      4      5      6      7      8      9      10

No Pain Pain as bad as you can imagine

2. Please rate your nausea by circling the one number that tells how much nausea you have right now.

0      1      2      3      4      5      6      7      8      9      10

No Nausea Nausea as bad as you can imagine

3. Please rate how unpleasant your pain is by circling the one number that tells how unpleasant your pain is right now.

0      1      2      3      4      5      6      7      8      9      10

Not at all Unpleasant As Unpleasant as you can imagine

## Facit (Version 4)

By circling one (1) number per line, please indicate how true each statement has been for you during the past 7 days.

	<b><u>Emotional Well-Being</u></b>	Not at all	A little bit	Some-what	Quite a bit	Very much
1.	I feel sad	0	1	2	3	4
2.	I am satisfied with how I am coping with my illness	0	1	2	3	4
3.	I am losing hope in the fight against my illness	0	1	2	3	4
4.	I feel nervous	0	1	2	3	4
5.	I worry about dying	0	1	2	3	4
6.	I worry that my condition will get worse	0	1	2	3	4

	<b><u>Functional Well-Being</u></b>	Not at all	A little bit	Some-what	Quite a bit	Very much
1.	I am able to work (including at home)	0	1	2	3	4
2.	My work (include work at home) is fulfilling	0	1	2	3	4
3.	I am able to enjoy life	0	1	2	3	4
4.	I have accepted my illness	0	1	2	3	4
5.	I am sleeping well	0	1	2	3	4
6.	I am enjoying the things I usually do for fun	0	1	2	3	4
7.	I am content with the quality of my life right now	0	1	2	3	4

## Facit (Version 4)

Below is a list of statements that other people with your illness have said are important. By circling one (1) number per line, please indicate how true each statement has been for you during the past 7 days.

	<b><u>Physical Well-Being</u></b>	<b>Not at all</b>	<b>A little bit</b>	<b>Some-what</b>	<b>Quite a bit</b>	<b>Very much</b>
1.	I have a lack of energy	0	1	2	3	4
2.	I have nausea	0	1	2	3	4
3.	Because of my physical condition, I have trouble meeting the needs of my family	0	1	2	3	4
4.	I have pain	0	1	2	3	4
5.	I am bothered by side effects of treatment	0	1	2	3	4
6.	I feel ill	0	1	2	3	4
7.	I am forced to spend time in bed	0	1	2	3	4

	<b><u>Social/Family Well-Being</u></b>	<b>Not at all</b>	<b>A little bit</b>	<b>Some-what</b>	<b>Quite a bit</b>	<b>Very much</b>
1.	I feel close to my friends	0	1	2	3	4
2.	I get emotional support from my family	0	1	2	3	4
3.	I get support from my friends	0	1	2	3	4
4.	My family has accepted my illness	0	1	2	3	4
5.	I am satisfied with family communication about my illness	0	1	2	3	4
6.	I feel close to my partner (or the person who is my main support)	0	1	2	3	4
	<i>Regardless of your current level of sexual activity, please answer the following question. If you prefer not to answer it, please check this box <input type="checkbox"/> and go to the next section</i>	0	1	2	3	4
7.	I am satisfied with my sex life	0	1	2	3	4

## Facit (Version 4)

By circling one (1) number per line, please indicate how true each statement has been for you during the past 7 days.

	<b><u>Additional concerns</u></b>	<b>Not at all</b>	<b>A little bit</b>	<b>Some-what</b>	<b>Quite a bit</b>	<b>Very much</b>
1.	I have been short of breath	0	1	2	3	4
2.	I am self-conscious about the way I dress.	0	1	2	3	4
3.	One or more of my arms are swollen or tender.	0	1	2	3	4
4.	I feel sexually attractive.	0	1	2	3	4
5.	I am bothered by hair loss.	0	1	2	3	4
6.	I worry that other members of my family might someday get the same illness I have.	0	1	2	3	4
7.	I worry about the effect of stress on my illness.	0	1	2	3	4
8.	I am bothered by a change in weight.	0	1	2	3	4
9.	I am able to feel like a woman.	0	1	2	3	4

**POMS T/D- Short Version**

Below is a list of words that describe feelings people have. Please read each one carefully. Then **CIRCLE ONE** number which best describes **HOW YOU HAVE BEEN FEELING IN THE PAST WEEK.**

The numbers refer to these phrases: **0 = Not at all**  
**1 = A little**  
**2 = Moderately**  
**3 = Quite a bit**  
**4 = Extremely**

1 Tense	0 1 2 3 4	20 Annoyed	0 1 2 3 4
2 Angry	0 1 2 3 4	21 Discouraged	0 1 2 3 4
3 Worn out	0 1 2 3 4	22 Resentful	0 1 2 3 4
4 Unhappy	0 1 2 3 4	23 Nervous	0 1 2 3 4
5 Lively	0 1 2 3 4	24 Miserable	0 1 2 3 4
6 Confused	0 1 2 3 4	25 Cheerful	0 1 2 3 4
7 Peeved	0 1 2 3 4	26 Bitter	0 1 2 3 4
8 Sad	0 1 2 3 4	27 Exhausted	0 1 2 3 4
9 Active	0 1 2 3 4	28 Anxious	0 1 2 3 4
10 On edge	0 1 2 3 4	29 Helpless	0 1 2 3 4
11 Grouchy	0 1 2 3 4	30 Weary	0 1 2 3 4
12 Blue	0 1 2 3 4	31 Bewildered	0 1 2 3 4
13 Energetic	0 1 2 3 4	32 Furious	0 1 2 3 4
14 Hopeless	0 1 2 3 4	33 Full of pep	0 1 2 3 4
15 Uneasy	0 1 2 3 4	34 Worthless	0 1 2 3 4
16 Restless	0 1 2 3 4	35 Forgetful	0 1 2 3 4
17 Unable to concentrate	0 1 2 3 4	36 Vigorous	0 1 2 3 4
18 Fatigued	0 1 2 3 4	37 Uncertain about things	0 1 2 3 4
19 Bushed	0 1 2 3 4		

## Patient Satisfaction Questionnaire

Please indicate your answers by checking the appropriate box.

**Overall, how would you rate your satisfaction with:**

		Excellent	Very Good	Good	Fair	Poor
1.	The care you received during your hospital stay?					
2.	The anesthesia used for your surgery?					
3.	The care provided by your doctors during your hospital stay?					
4.	The treatment of any pain or discomfort you had during your hospital stay?					
5.	The treatment of any nausea and vomiting you had during your hospital stay?					
6.	The care you received at home since your hospital stay?					
7.	The treatment of any pain or discomfort you've had since you have been home?					
8.	The treatment of any nausea or vomiting you've had since you have been home?					
9.	Discharge instructions: how clearly and completely you were told what to do and what to expect when you left the hospital?					
10.	Coordination of care after discharge: Hospital staff's efforts to prepare you for your recovery at home (i.e., instructions for wound care, emptying of drains, medications, follow-up appointments)?					
11.	Your overall care?					

		A lot shorter than I needed	A little shorter than I needed	About Right	A little longer than I needed	A lot longer than I needed
12.	Do you think the amount of time you spent in the hospital was?					

