

How to complete the Your Symptoms Matter questionnaire

Complete the Your Symptoms Matter (YSM) questionnaire **before your appointment with a doctor** at the cancer centre. You can complete it:

- The night before or the morning of your appointment in your MyChart account during eCheck-in.
or
- At one of the check-in computers in the cancer centre when you come for your appointment.

Your answers to the questionnaire are seen in your electronic healthcare record (chart) for your healthcare team to review before your appointment.

What is the YSM questionnaire?

You will be asked to rate 12 common cancer related symptoms. Choose a number on a scale of 0 to 10 to rate how big a problem the symptom is for you at the time you complete the questionnaire. **“0” means the symptom is not a problem for you and “10” means the symptom is a big problem.**

You will be asked to rate these symptoms:

- Pain
- Tiredness (lack of energy)
- Drowsiness (feeling sleepy)
- Nausea
- Appetite (0 means you have a good appetite and 10 means you have no appetite)
- Shortness of breath
- Depression (feeling sad)
- Anxiety (feeling worried)
- Wellbeing (overall how do you feel)
- Sleep
- Constipation
- Diarrhea

You will also be asked to rate your activity level (on a scale of 0 to 4) in the last month.

When you complete the YSM questionnaire, your doctor and nurse will:

- Review your symptom scores before they see you
- Understand the symptoms that are a problem for you
- Talk to you about your symptoms and how to manage them

These questions are for you to answer, but someone may help you. It is how you feel, not how others think you feel.

Talk to your healthcare team about any symptom that is a problem for you!