

Interactive Symptom Assessment and Collection (ISAAC) Tool



UHN

A Guide for Patients

How to use the ISAAC tool to track your symptoms and improve your care



Did you know:

- The Interactive Symptom Assessment and Collection Tool (ISAAC) is a province-wide program that was created and is maintained by Cancer Care Ontario (CCO).
- This tool allows you to report your symptoms, and share them with your health care team so that they can better manage your care.
- You can report your symptoms at a computer in Princess Margaret Hospital, or from your own home using the Internet.

What is the Interactive Symptom Assessment and Collection (ISAAC) Tool?

ISAAC is an electronic version of the Edmonton Symptom Assessment System (ESAS) that is web-based. The tool helps assess nine common symptoms experienced by cancer patients and because it is electronic you can track your symptoms over time. This tracking helps your health care team to better treat any symptoms you are experiencing.

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What is the Edmonton Symptom Assessment System (ESAS)

ESAS is a tool that your health care teams uses to help assess your cancer related symptoms. The symptoms that ESAS measures are: pain, tiredness, nausea, depression, anxiety, drowsiness, appetite, well being, and shortness of breath.

The ESAS questions help to find out which symptoms health care providers should focus on or prioritize, to help you feel better.

Here is an example of an ESAS question:

Each symptom is rated from “0 to 10”. A score of “0” means you do not have the symptom. A score of “10” means that the symptom is at its very worst.

No pain		Worst possible pain	
0	1 2 3 4 5	6	7 8 9 10

Why is this information being collected?

Your health care team is here to give you the best possible care. In order to do this, we need to gather information from you so that we can better understand and treat your most troublesome symptoms.

Like all of your other health information, your scores are kept confidential.

Why is this information being collected electronically?

1. Your symptoms can be tracked over a period of time, and this lets your health care providers monitor any symptoms you are experiencing.
2. This allows us to store your information securely and gives clinicians the ability to monitor your symptoms as part of your electronic chart

When do I complete the electronic ESAS?

You will be asked to complete the electronic ESAS on every visit to the clinic. There is a special kiosk or a designated computer for you to use in order to complete the survey.

There are also volunteers to help you until you become comfortable on your own.

The first time you use the computer, your password will be the first letter of your name, and the first letter of your last name followed by 1,2,3,4.

Example:

Name: John Smith

Password: js1234

After the first time you log-in the system will ask you to change your password for future use. A volunteer can help you choose a password if you wish, and will provide you with a small reminder label to attach to your health card for future visits.

Can I complete the ESAS survey at home?

Yes. If you have a computer with Internet access, and are interested, you can enter your ESAS scores from home. If you enter your scores at home on the day of your clinic visit, please print a copy and bring it with you or have a volunteer print it when you arrive so that your doctor/nurse can see it.

Important Note: *Completing ESAS questionnaires do not take the place of talking to your doctor/nurse. Please be sure to inform your health care providers of your concerns.*

If you are experiencing any problems accessing ISAAC:

For any issues related to your ability to access ISAAC please speak with the volunteer in the ESAS room on your next visit to the clinic and they will be able to help you.

Here are the steps you need to take to enter your ESAS scores at home:

1. Open your Internet web browser and type this website into the address bar:

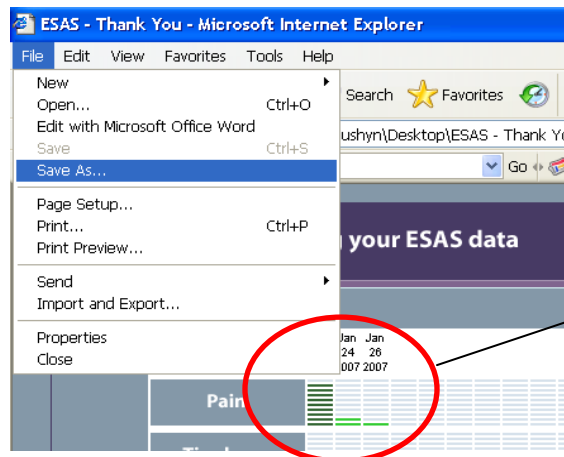
<https://www.accesstoisaac.on.ca>

Please note: you need to type in the whole address above including the https:// portion otherwise you will not be directed to the secure site.

2. Type your Health Card Number into the **Health Card Number** box. Now select with your mouse the **Password** box and type in your Password (this password is the same one that you use at the hospital kiosk). Click **Login**.
3. Read the Disclaimer Page and click **Continue**.
4. Enter your ESAS scores.
5. If you entered your scores yourself, select **Patient**. If someone helped you enter your scores, select **Caregiver/ Family Assisted**.

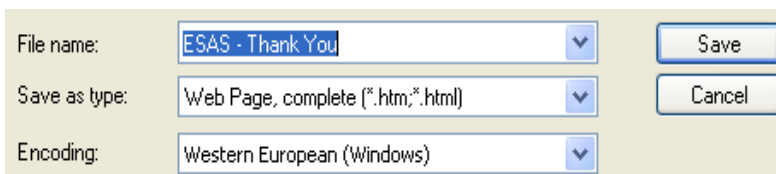


6. A report of your last 30 ESAS scores will appear on your screen. These reports can be printed or saved on your computer.
7. If you wish to print the report, click **Print**.
8. If you wish to save the report, click on the **File** menu at the top of your web browser and select **Save As**.



ESAS tracks your symptoms over time and your health care providers can better care for you.

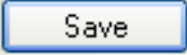
9. The file name on the screen will default to *ESAS- Thank you*.



10. You can change the file name to something more meaningful.

For example, you could save your scores using the date so that you can track your scores over time.

File name:	ESAS Jan 01 2008	Save
Save as type:	Web Page, complete (*.htm;*.html)	Cancel
Encoding:	Western European (Windows)	

11. Once you have named the file, click 

You will be able to access the report by simply opening the file you saved.

Where can I find more information about ISAAC or ESAS?

If you would like to know more about this program, please talk to any member of your health care team, including your doctors, nurse or social worker. You can also visit the Patient & Family Library in the main lobby of Princess Margaret Hospital or find more information on the Internet at www.cancercare.on.ca

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