

Assessing your wellbeing

An introduction to the holistic needs assessment

This booklet gives further information about the holistic needs assessment. 'Holistic' means focusing on the whole person, including their physical, emotional, mental and spiritual wellbeing. It helps us to find out how you are feeling as a result of your illness or treatment. Information about any concerns or worries you are experiencing helps us assess how much distress you may be feeling. We can then discuss how we may be able to help you.

What is a holistic needs assessment?

The holistic needs assessment uses a 'concerns thermometer' to ask you to rate how much distress you have recently felt. You are then asked to look at a list of concerns and decide if any of them are currently a concern for you. There is also an opportunity to say if you'd like to discuss any concerns with your clinical nurse specialist (CNS). Together, you develop a plan of care which may help you address any problems.

How do I complete a holistic needs assessment?

You can complete the holistic needs assessment on paper or electronically using our iPad. We think it is helpful to complete a holistic needs assessment within the first month of your diagnosis. You may prefer to take a paper copy home with you and complete it at a time that suits you. We may also offer you a holistic needs assessment at another time or you can ask us for one to help identify concerns you may wish to discuss.

What if I do not want complete a holistic needs assessment?

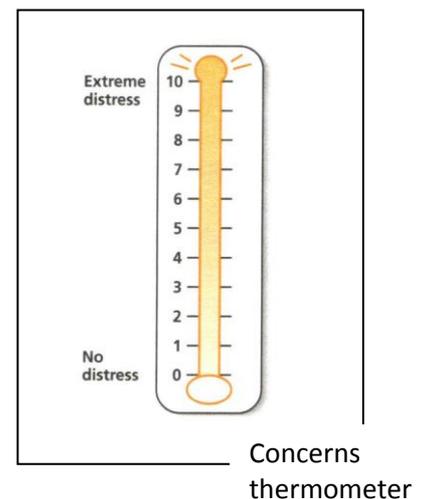
You may not wish to complete the holistic needs assessment at this time. The care you receive will not be affected in any way and we will be happy to discuss this again in the future.

How will this information be stored and who else has access to it?

A copy of the holistic needs assessment and plan of care will be kept in your case notes. These are only seen by people directly involved in your care at the hospital. It will not be shared with anyone outside the hospital without your permission. If you do not want a copy of the assessment to be kept in your case notes, please let your CNS know.

What do I do with the completed holistic needs assessment?

When you have completed the assessment, you can bring it with you to your next hospital appointment. You can also contact your clinical nurse specialist (CNS) if you wish to discuss a concern or if you have any questions.



CNS name: _____

Telephone: _____

Contact us

If you have any other questions, information needs or concerns, you can come and talk to someone in the Macmillan Information and Support Centre. You can contact the centre, which is on the ground floor in Grosvenor Wing by dropping in, phoning on **020 8725 2677** or emailing to **cancer.information@stgeorges.nhs.uk**.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

