

PHASE-20

Rating scale for possible drug-related symptoms

Version for use in **nursing homes**.

Name	
NHS number	
Date	
Diagnosis	
Name of health professional	

The patient has completed the document:

Independently. With support of health professional.

The patient is: Mobile. Chairbound. Bedbound.

	Height	Weight	Bloodpressure sitting	Bloodpressure standing	Pulse	S-Creatinin	Kidney function results
Parameter							
Date							

User-instructions for PHASE-20

PHASE-20 (PHarmacotherapeutical Symptom Evaluation, 20 questions) is a rating scale used to identify symptoms in the older person that can be related to the medical treatment, for example side effects, interactions and inappropriate dosage. PHASE-20 is used for persons who are able to participate at least partly in the assessment. If the person is not able to participate at all, PHASE-Proxy should be used.

Where more than one symptom is mentioned, for example dizzy, unsteady, high risk of falls, please **circle** the one that concerns you the most, or indicate that you are not affected by it by **crossing it out**, se figure 1.

Figure 1:

Symptom	No problem	Minor problem	Moderate problem	Severe problem	Comments
1. Dizzy , unsteady high risk of falls.				X	

NHS number	
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Tick the box next to the option that best describes the level of discomfort during the **last two weeks**. Please leave clarifying comments in the margin when necessary.

Symptom	No problem	Minor problem	Moderate problem	Severe problem	Comments
1. Dizzy, unsteady, high risk of falls.					
2. Tired, exhausted.					
3. Poor sleep pattern, nightmares.					
4. Abdominal pain, chest pain.					
5. Headache.					
6. Low mood.					
7. Worried, anxious.					
8. Irritable.					
9. Forgetful.					
10. Poor appetite.					
11. Dry mouth.					
12. Nausea, vomiting.					
13. Diarrhoea.					
14. Constipation.					
15. Palpitations (rapid/irregular heartbeat).					
16. Swollen legs, ankles.					
17. Short of breath.					
18. Frequent urination, incontinent of urine.					
19. Itching, rash.					

20. Other symptoms, which you have experienced during the past two weeks, for example pain, indicate which:

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Minor problem. Moderate problem. Severe problem.

NHS number	
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Additional comments:

Kidney function

S-Creatinine is not a reliable measure of kidney function in older people, partly due to reduced muscle mass. The kidney function could therefore be calculated alternatively.

Reference

Mariann Hedström, Marianne Carlsson, Anna Ekman, Ulrika Gillespie, Christina Mörk & Kerstin Hulter Åsberg (2016): Development of the PHASE-Proxy scale for rating drug-related signs and symptoms in severe cognitive impairment, *Aging & Mental Health*, DOI: 10.1080/13607863.2016.1232364.

Use outside Sweden

For use outside Sweden, please contact:

Mariann Hedström.

Associate Professor,

Department of Public Health and Caring Sciences, Uppsala University, Sweden.

E-mail: mariann.hedstrom@pubcare.uu.se.

For more information:

[PHASE-20, Region Uppsala.se](#).

[PHASE-20 in English, Region Uppsala.se](#).