# Cancer Rehabilitation Evaluation System (CARES): Patient Profile

**Patient Information**

<table>
<thead>
<tr>
<th>Name:</th>
<th>Date:</th>
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**Please Circle Normative Sample Used:**

1. Female Breast Cancer Norm
2. Female Other than Breast Cancer Norm
3. Female Combined Cancer Norm
4. Male Prostate Cancer Norm
5. Male Other than Prostate Cancer Norm
6. Male Combined Cancer Norm

## T-Score

<table>
<thead>
<tr>
<th>Score</th>
<th>80</th>
<th>75</th>
<th>70</th>
<th>65</th>
<th>60</th>
<th>55</th>
<th>50</th>
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<th>40</th>
<th>35</th>
<th>30</th>
<th>25</th>
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<thead>
<tr>
<th>CARES Global Score</th>
<th>CARES # Prob Endorsed</th>
<th>CARES Aver Sever</th>
<th>PHYSICAL Global Score</th>
<th>PSYCHOSOCIAL Global Score</th>
<th>MEDICAL INTERACTION Global Score</th>
<th>MARITAL Global Score</th>
<th>SEXUAL Global Score</th>
</tr>
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<td>T</td>
<td>Raw</td>
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**PHYSICAL**

- Ambulation
  - 1. diff bend or lift
  - 2. diff walk over ground
  - 3. diff do physical activ.
  - 4. red in energy

- Activities of Daily Living
  - 5. diff driving
  - 6. diff household chores
  - 7. diff bathe, brush groom
  - 8. diff prepare meals

- Recreational Activities
  - 9. no interest recreat activ
  - 10. not engage recreat activ
  - 11. not enough enjoyable activ
  - 12. diff planning activ

- Weight Loss
  - 13. cannot gain weight
  - 14. continue to lose weight
  - 15. food unappealing
  - 16. food tastes bad
  - 17. diff swallowing

- Difficulty Working
  - 18. cancer prevents work
  - 19. cancer interferes work

- Pain
  - 20. frequently has pain
  - 21. chronic pain/surgery
  - 22. pain not controlled medication
  - 23. pain controlled medication

- Clothing
  - 24. clothes not look good
  - 25. clothes not fit
  - 26. diff find clothes

**SUM #(1-4) 26 # Potential**

**PSYCHOSOCIAL**

- Body Image
  - 38. embarrassed to show body
  - 39. uncomfortable without clothes
  - 40. uncomfor with body changes

- Psychological Distress
  - 41. frequently anxious
  - 42. frequently depressed
  - 43. frequently angry
  - 44. frequently upset
  - 45. frequently overwhelmed by cancer
  - 46. diff sleep

- Cognitive Problems
  - 47. diff concentrating
  - 48. diff remembering
  - 49. diff thinking clearly

- Difficulty Communicating with Friends/Relatives
  - 50. diff tell friend/family to come less often
  - 51. diff tell friend/family to leave when not well
  - 52. diff ask friend/family to do fun things
  - 53. don't know what to say to friend/family
  - 54. diff ask friend/family to help
  - 55. diff tell friend/family about cancer
  - 56. diff ask friend/family to come more

- Friends/Relatives Difficulty Interacting
  - 57. friend/family say look well when not well
  - 58. friend/family withhold information
  - 59. friend/family avoid talk cancer
  - 60. friend/family do not visit enough
  - 61. friend/family do not call enough
  - 62. friend/family uncomfor for visiting
  - 63. friend/family diff talk about cancer

- Anxiety in Medical Situations
  - 64. diff uncomfor see patient get treat
  - 65. diff find go to hospital
  - 66. nervous wait to see doctor
  - 67. nervous wait for test results
  - 68. nervous have diagnostic tests
  - 69. nervous get blood drawn

- Worry
  - 70. worry whether treatment work
  - 71. worry whether cancer progress
  - 72. worry not able to care for self
  - 73. worry how family will manage

- Interaction with Children
  - 89. diff care for child/grandchild
  - 90. diff help children cope
  - 91. diff help children talk about illness

- At Work Concerns
  - 92. diff talk about cancer
  - 93. diff talk people at work
  - 94. diff tell employer cannot do work
  - 95. diff talk time off for treatments
  - 96. worried about being fired

**SUM #(1-4) 44, 41, 39, 36 # Potential Circle**

**SEXUAL**

- Sex Interest
  - 74. doesn't feel sex. attract
  - 75. thinks not sexually attractive to partner(s)
  - 76. not interested in having sex
  - 77. doesn't think partner(s) interested in sex

- Sexual Dysfunction
  - 99. frequency of sex decreased
  - 100. diff become sexually aroused
  - 101. diff with erection (male)
  - 102. diff lubrication (female)
  - 103. diff reach orgasm

**SUM #(1-4) 8, 4 # Potential Circle**

**MISCELLANEOUS**

- Compliance
  - 78. doesn't show for MD appoint
  - 79. doesn't show for treatments
  - 80. don't take medication
  - 81. doesn't follow MD's instruct

- Economic Barriers
  - 82. financial problems
  - 83. insurance problems
  - 84. diff find new job

- *Dating*
  - 121. diff initiating dates
  - 122. diff meet dates
  - 123. afraid go places meet dates
  - 124. diff tell date about cancer
  - 125. afraid to initiate sex relation

- *Chemotherapy-Related Problems*
  - 126. nervous get chemo
  - 127. nauseated during/before chemo
  - 128. vomit during/before chemo
  - 129. sick when think about chemo
  - 130. nauseated after chemo
  - 131. vomit after chemo
  - 132. tired after chemo
  - 133. other side affects chemo
  - 134. lost hair/grow slow from chemo

- *Radiation-Related Problems*
  - 135. fatigued after rad
  - 136. nervous get rad
  - 137. nauseated/vomit after rad

- *Ostomy*
  - 138. problems ostomy care/maint.

- *Prosthesis*
  - 139. diff with prosthesis

- Miscellaneous Items
  - 84. diff with transport
  - 85. gain too much weight
  - 86. diagnostic proceed painful
  - 87. frequent diarrhea
  - 88. poor bladder control

**SUM ALL 8 MISCELLANEOUS SUMS ABOVE #(1-4) 9, 0 # Potential Circle**

**Global and Average Severity for CARES and 5 Subscales**

- Physical
- Psychoso
- Med Int
- Marital
- Sexual
- Miscell
- CARES

* Items may not apply to all patients