Cancer Rehabilitation Evaluation System (CARES): Patient Profile

Patient Information

Name: ______________________

Date: ______

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 | % Rank |
|--------|--------|
| 80     | 99     |
| 75     | 98     |
| 70     | 93     |
| 65     | 84     |
| 60     | 70     |
| 55     | 50     |
| 50     | 30     |
| 45     | 16     |
| 40     | 07     |
| 35     | 02     |
| 30     |        |
| 25     |        |
| 20     |        |

### Variables

| Variable                  | Score |
|---------------------------|-------|
| CARES Global Score        |       |
| CARES # Prob Endorsed     |       |
| CARES Aver Sever          |       |
| PHYSICAL Global Score     |       |
| PSYCHOSOCIAL Global Score |       |
| MEDICAL INTERACTION Global Score |   |
| MARITAL Global Score      |       |
| SEXUAL Global Score       |       |

| T       |       |       |       |       |       |
| Raw     |       |       |       |       |       |

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**PHYSICAL**

| Ambulation |
| --- |
| 1. diff bend or lift |
| 2. diff walk/now round |
| 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 |

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

**PSYCHOSOCIAL**

| Body Image |
| --- |
| 38. embarrassed to show body |
| 39. uncomfor show scars |
| 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 fmd/rel to come less often |
| 51. diff tell fmd/rel to leave when not well |
| 52. diff ask fmd/rel to do fun things |
| 53. don’t know what to say to fmd/rel |
| 54. diff ask fmd/rel help |
| 55. diff tell fmd/rel about cancer |
| 56. diff ask fmd/rel to come more |

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

| Anxiety in Medical Situations |
| --- |
| 64. uncomfor see patients get treat |
| 65. nervous going 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 treatments 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 best about cancer |
| 93. diff talk people at work |
| 94. diff tell employer cannot do work |
| 95. diff ask time off for treatments |
| 96. worried about being fired |

**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 |
| 91. diff find new job ** |
| 98. employers no hire CA hist ** |

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

| *Chemotherapy-Related Problems |
| --- |
| 126. nervous get chemo |
| 127. nauseated before chemo |
| 128. vomit before chemo |
| 129. sick when think about chemo |
| 130. nauseated after chemo |
| 131. vomit after chemo |
| 132. tired after chemo |
| 133. other side effects chemo |
| 134. lost hair/grow show 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 |
| --- |
| **SUM #(#-1) 5 # Potential Circle** |

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

| Scale | # | AVE GLOBAL |
| --- | --- | --- |
| Physical | 120 | 125 |
| Psychoso | 115 | 120 |
| Med Int | 110 | 120 |
| Marital | 115 | 120 |
| Sexual | 120 | 125 |
| Miscell | 110 | 120 |

| CARES | 120 | 125 |

* ** Items may not apply to all patients