

Distress among cancer inpatients at Institute of Oncology, Ain Shams University Hospitals

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Based on evidence that psychological distress often goes unrecognized although it is common among cancer patients, clinical practice guidelines recommend routine screening for distress. The epidemiological pilot study aimed at exploring and examining the quality and quantity of distress associated with cancer inpatients in Institute of Oncology?Ain Shams University Hospitals. A modified version of the distress thermometer developed by the

National Comprehensive Cancer Network to examine the nature of distress in 100 inpatients was used. The results showed that as much as 80% of the patients are suffering from significant distresses more than five on the thermometer, major components are anxiety, fear, pain, depression, sadness and fatigue. The results suggested that DT is considered such a useful and applicable tool for measuring psychological distress in cancer patients and to detect psychiatric disorders through a screening procedure.