

# PRISMS – Patient Report Informing Self-Management Support



Please put a cross on the line to show how much of a problem each item is for you

	Not a problem	Big problem
Being tired, no energy	☺ _____ ☹	
Stress and worry	☺ _____ ☹	
Shortness of breath	☺ _____ ☹	
Pain	☺ _____ ☹	
Sleep problems	☺ _____ ☹	
Managing to work	☺ _____ ☹	
Support from family and friends	☺ _____ ☹	
Support from the NHS	☺ _____ ☹	
Learning about your condition	☺ _____ ☹	
Being able to relax	☺ _____ ☹	
Doing exercise	☺ _____ ☹	
Getting out and doing things that you enjoy	☺ _____ ☹	
Sexual problems	☺ _____ ☹	
Healthy eating	☺ _____ ☹	
Stopping smoking	☺ _____ ☹	
Managing your medicines	☺ _____ ☹	
Measuring your symptoms at home	☺ _____ ☹	
Any other problems?		

**Now, please put a cross beside the 3 items you feel that you need most help with**